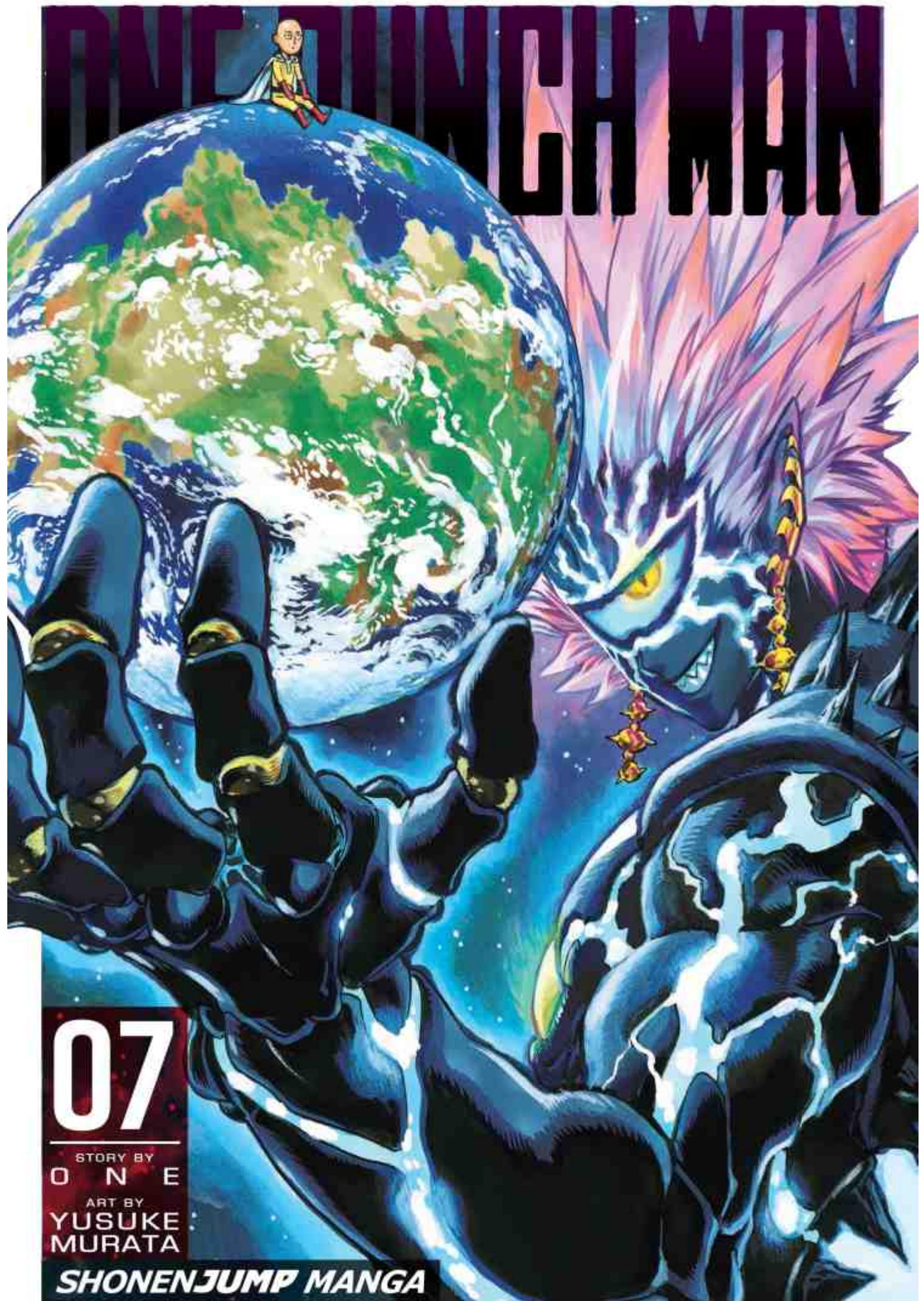
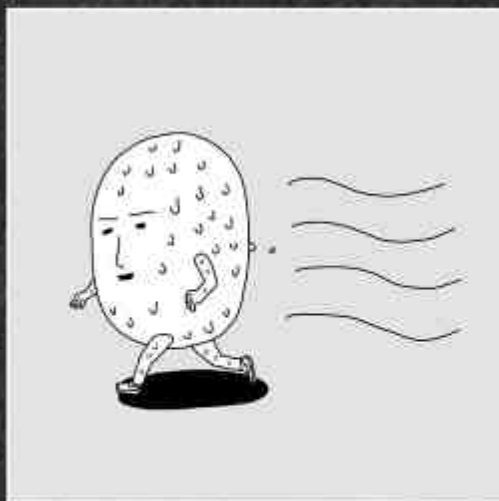




ONE PUNCH MAN

07
STORY BY
ONE
ART BY
YUSUKE MURATA
SHONENJUMP MANGA



O N E

To correct my lack of exercise, I've been running outside. I want to be able to run about ten kilometers.

—ONE

Manga creator ONE began *One-Punch Man* as a webcomic, which quickly went viral, garnering over 10 million hits. In addition to *One-Punch Man*, ONE writes and draws the series *Mob Psycho 100* and *Makai no Ossan*.



Y U S U K E
M U R A T A

I've always had poor handwriting, so I've started practicing when I lay out the manuscript. The result is...finishing my manuscripts four hours later.

—Yusuke Murata

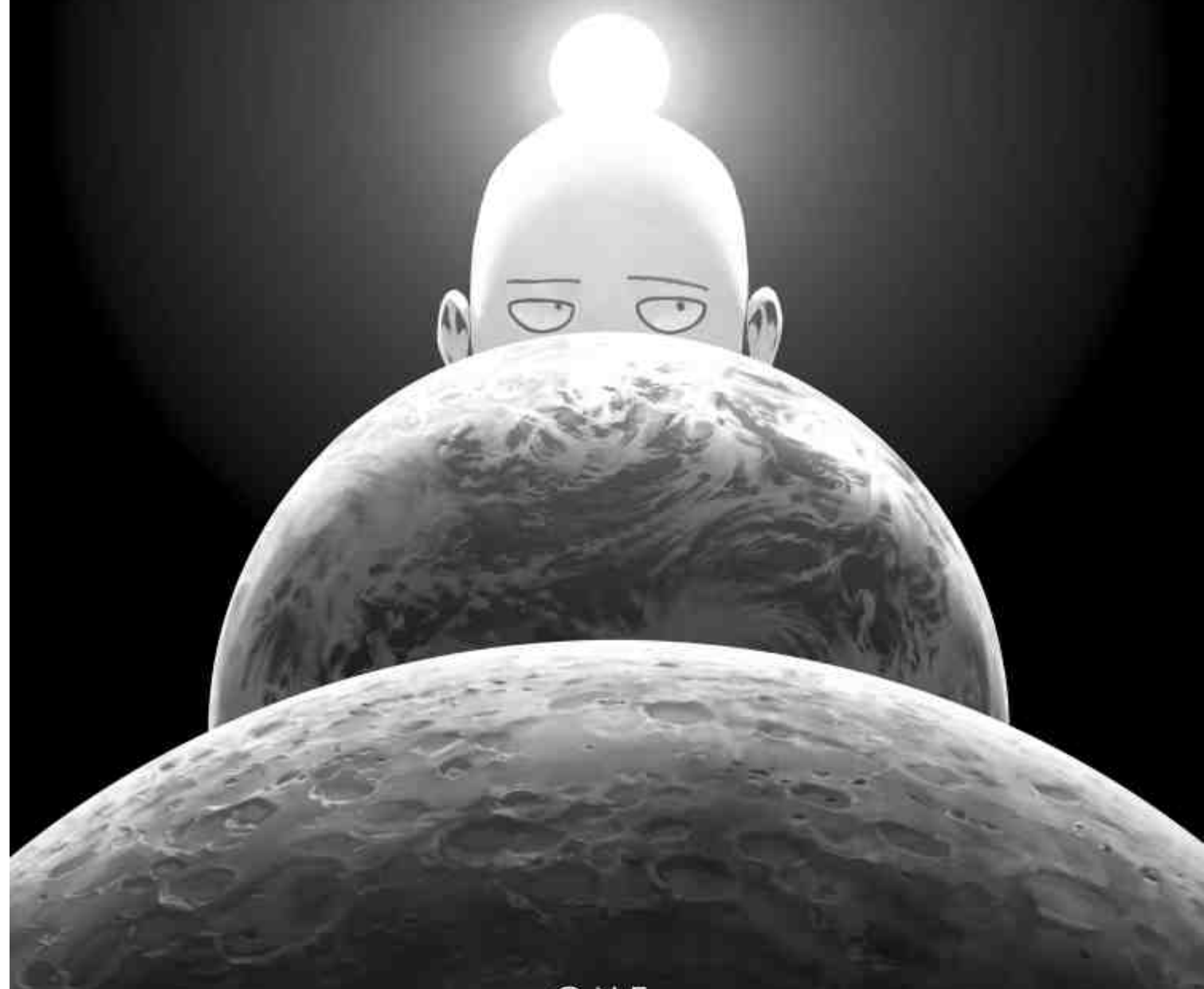
A highly decorated and skilled artist best known for his work on *Eyeshield 21*, Yusuke Murata won the 122nd Hop Step Award (1995) for *Partner* and placed second in the 51st Akatsuka Award (1998) for *Samui Hanashi*.

ONE-PUNCH MAN | 07

ONE + YUSUKE MURATA

★ THE STORIES,
CHARACTERS AND
INCIDENTS MENTIONED
IN THIS PUBLICATION
ARE ENTIRELY
FICTIONAL.





ONE

ONE - PUNCH MAN

YUSUKE MURATA

07

STORY BY
O N E
ART BY
YUSUKE
MURATA



▶BOROS

▶SAITAMA

▶CHILD
EMPEROR

▶PURI-
PURI
PRISONER

▶TORNADO

▶MELZARGARD

▶ATOMIC
SAMURAI

▶METAL BAT

▶GENOS

STORY

A single man arose to face the evil threatening humankind! His name was Saitama. He became a hero for fun!

With one punch, he has resolved every crisis so far, but no one believes he could be so extraordinarily strong.

Together with his pupil Genos (Class S), Saitama has been active as a hero and risen from Class C to Class B.

One day, the seer Shibabawa predicts a great danger to Earth and dies. Soon after, a group of interstellar bandits named Dark Matter, led by an alien named Boros, attack Earth. As Class S heroes battle on Earth, Saitama is inside the spaceship locked in a fierce battle against Boros!!

▶TANK-TOP
MASTER

▶SUPERALLOY
BLACKLUSTER

▶BANG

▶DRIVE KNIGHT

▶IA-IAN

CHARACTERS



ONE-PUNCH MAN VOLUME SEVEN



ONE-PUNCH MAN

ONE + YUSUKE MURATA

My name is Saitama. I am a hero. My hobby is heroic exploits. I got too strong. And that makes me sad. I can defeat any enemy with one blow. I lost my hair. And I lost all feeling. I want to feel the rush of battle. I would like to meet an incredibly strong enemy. And I would like to defeat it with one blow. That's because I am One-Punch Man.

07

THE FIGHT

PUNCH 35:
The Fight _____ 7

PUNCH 36:
Boros's True Strength _____ 43

PUNCH 37:
Crash _____ 115

BONUS MANGA 1:
Big Construction _____ 153

BONUS MANGA 2:
A Top Pupil's Reminiscence _____ 171

BONUS MANGA 3:
Pork Cutlet Bowl _____ 175

PUNCH 35 :
THE FIGHT











PSYCHIC
POWER?!



YOU'RE IN
MY WAY,
SO GET
OUT OF
IT.

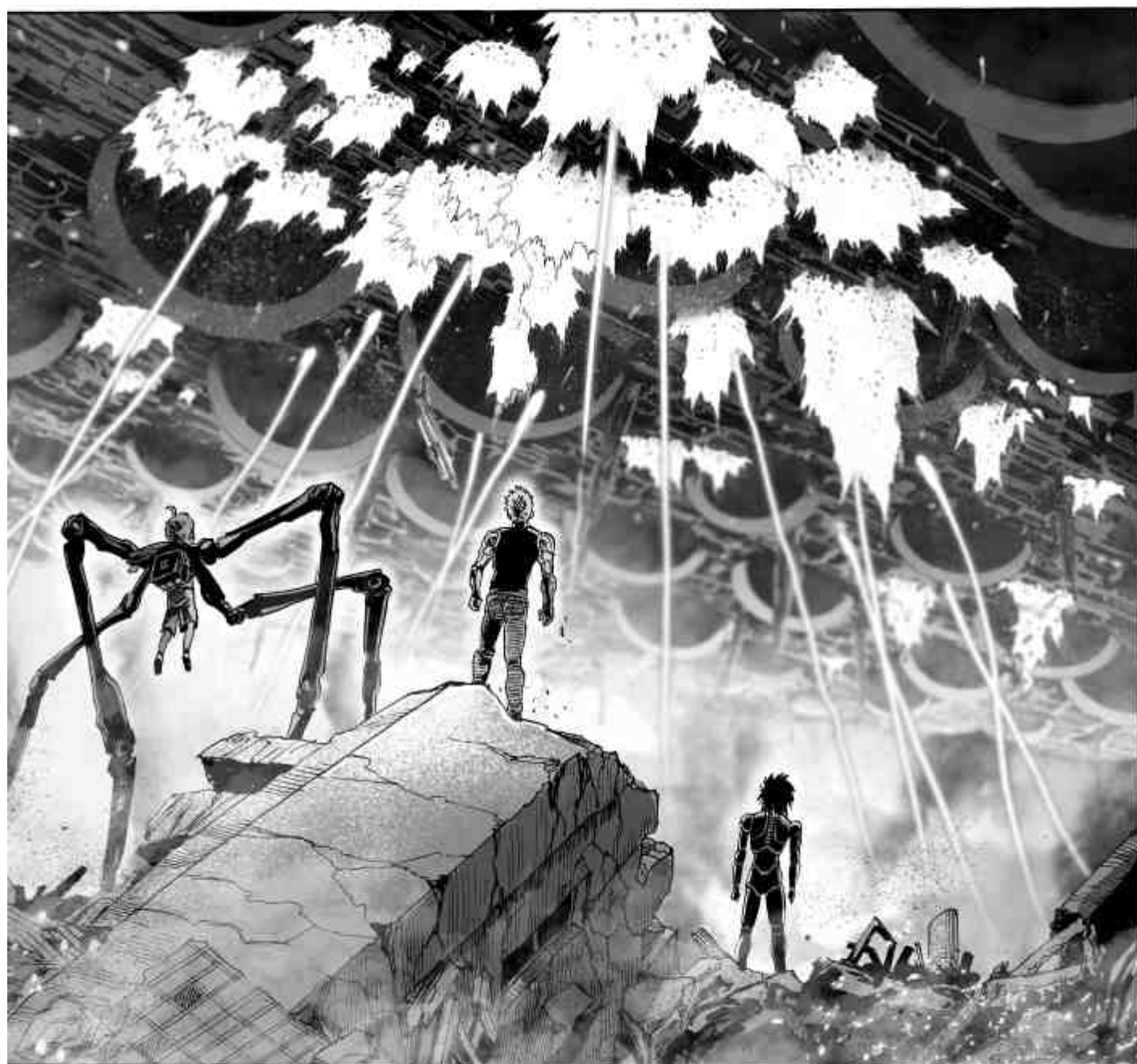
?!

THAT
BLOCK OF
CONCRETE
LOOKS JUST
RIGHT.



I
LOSE!









WE HAVE
NEVER
MET
BEFORE...

DRIVE
KNIGHT IS
CLASS S,
RANK 9...

...I SHOULD
TELL YOU
SOMETHING,
GENOS.



BUT
BEFORE
I GO...

TUMP

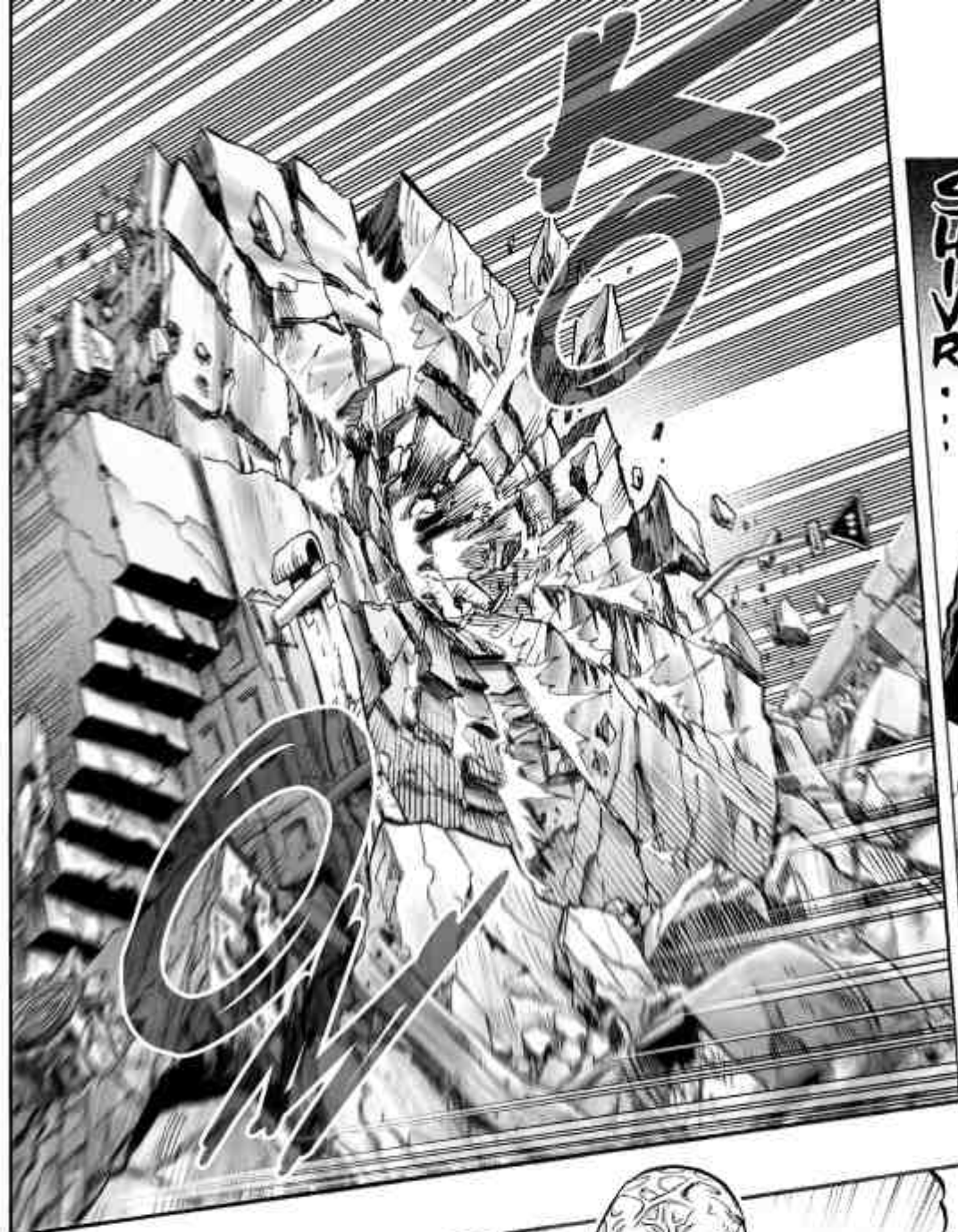


WATCH
YOUR
BACK.

METAL
KNIGHT
IS YOUR
ENEMY.







A
DIRECT
HIT...



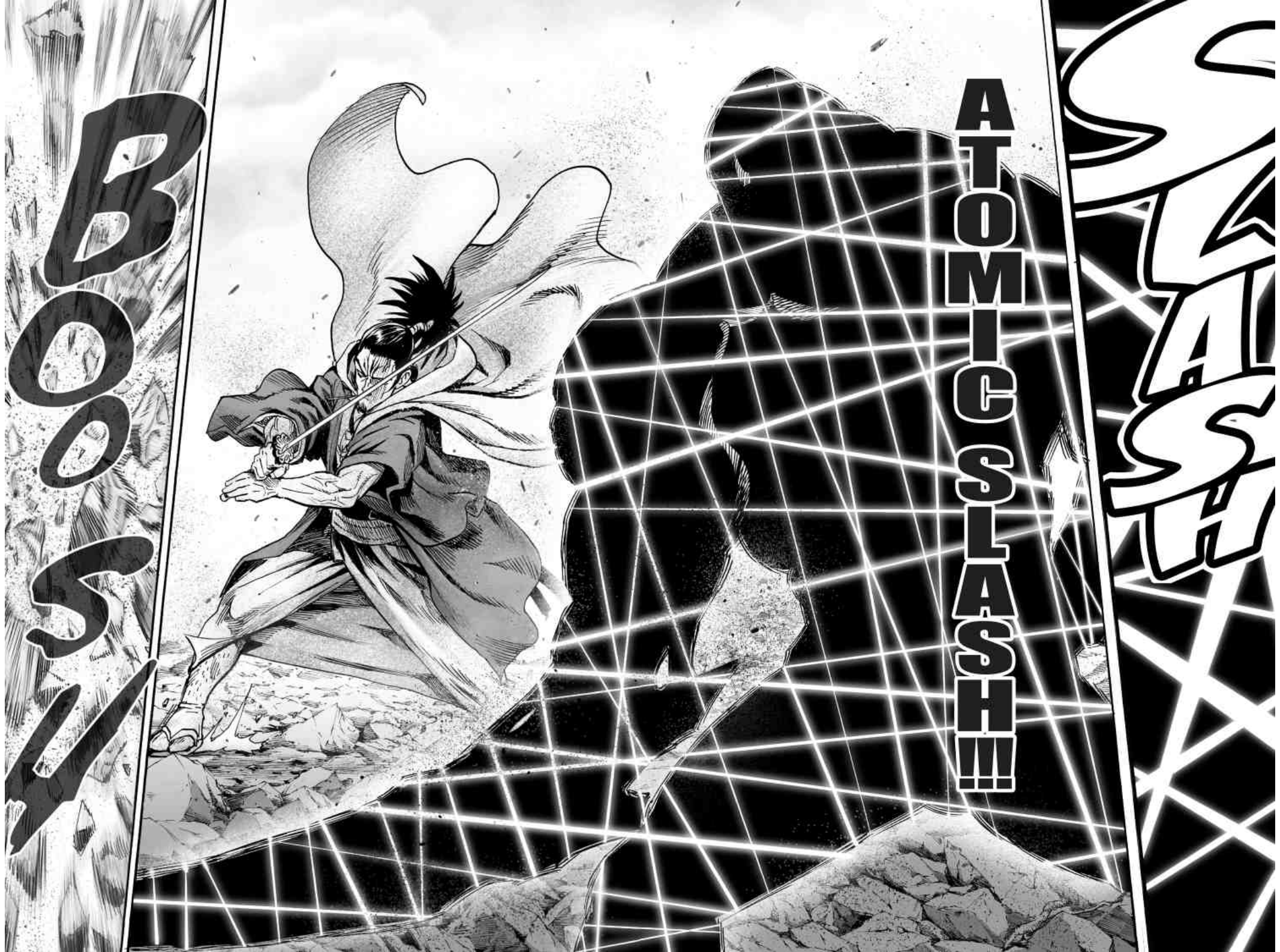
HOW
FRAGILE
YOU ARE!
ONE HIT
AND YOU
DIE!

WA HA HA
HA HA HA
HA HA HA
HA HA!





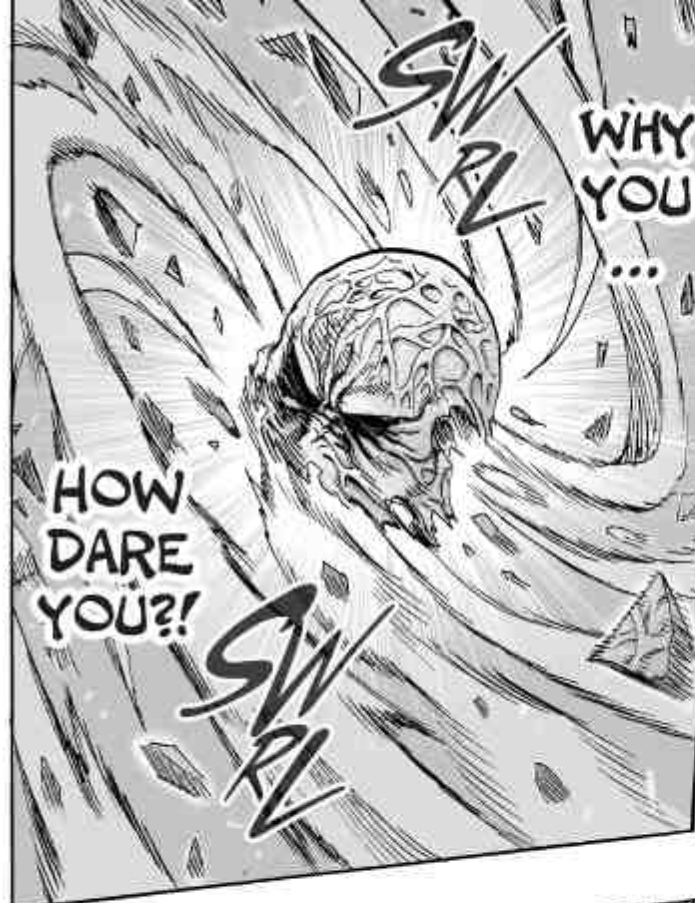




BOOS

ATOMIC SLASH!!!

ASH







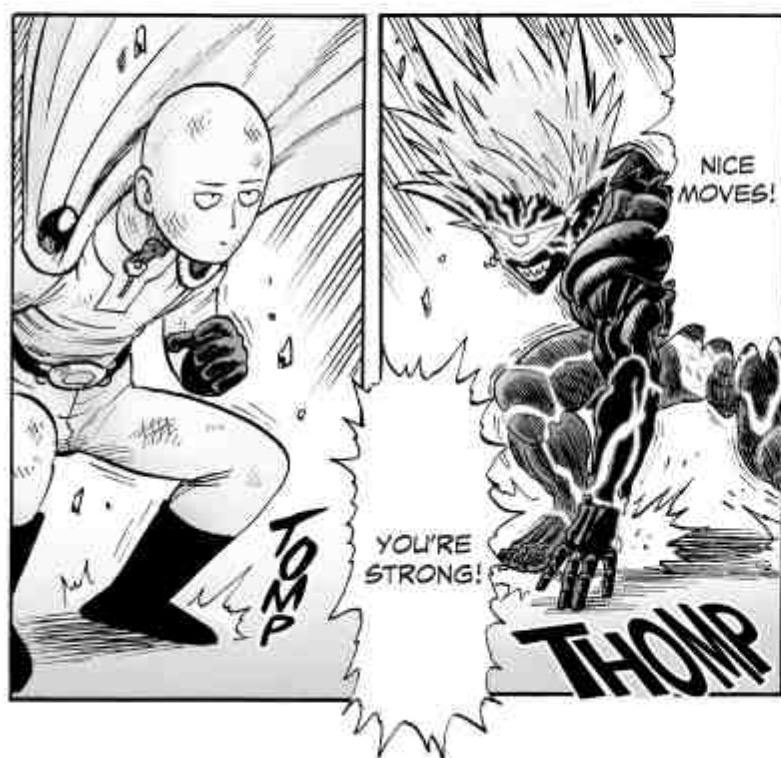


















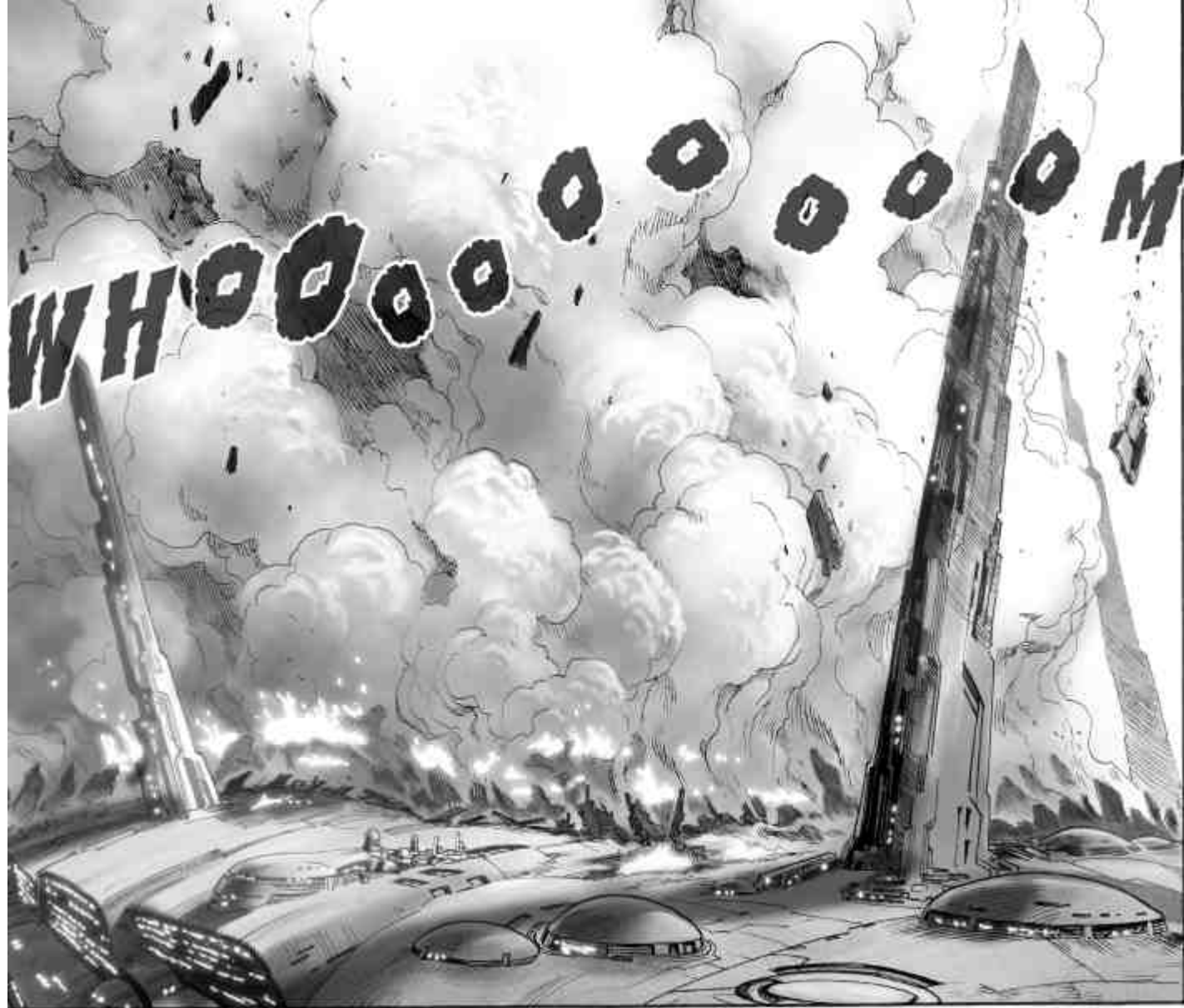
BOOM

IF THIS
MASSIVE
RELEASE
OF
ENERGY
FROM MY
BODY
HITS
YOU...

...NOT
EVEN
YOUR
BONES
WILL
REMAIN!













YOU WERE
A WORTHY
OPPONENT!



BUT THE
END IS
NEAR.



WE
POSSESS
THE
GREATEST
NATURAL
HEALING
IN THE
UNIVERSE.

MY SPECIES
SURVIVED THE
STRUGGLE FOR
EXISTENCE ON
A HARSH
PLANET.



IN SECONDS,
I CAN CLOSE
A WOUND
THAT WOULD
KILL YOU.

AND I HAVE
THE GREATEST
HEALING, PHYSICAL
PERFORMANCE
AND POTENTIAL
ENERGY OF
US ALL.



...AS YOU
GRADUALLY
WEAK--

AW,
SHAD-
DUP.

MEAN-
WHILE,
YOUR
WOUNDS
MERELY
INCREASE
...



...AND
IT'S
BRAND
NEW!

CONCEN-
TRATING
ENERGY
IN MY
DESTROYED
ARM
GENERATES
EXPLOSIVE
HEALING...













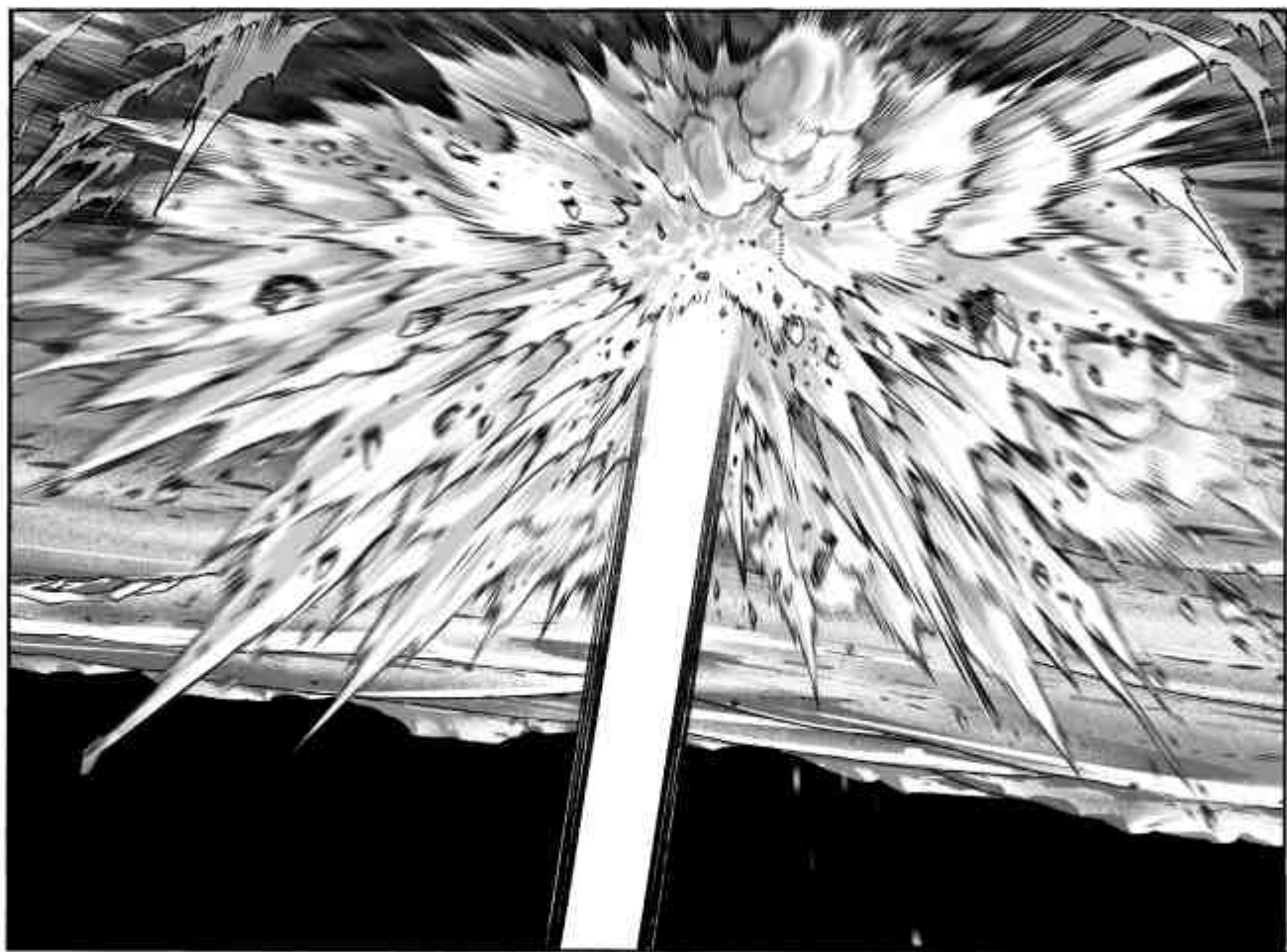




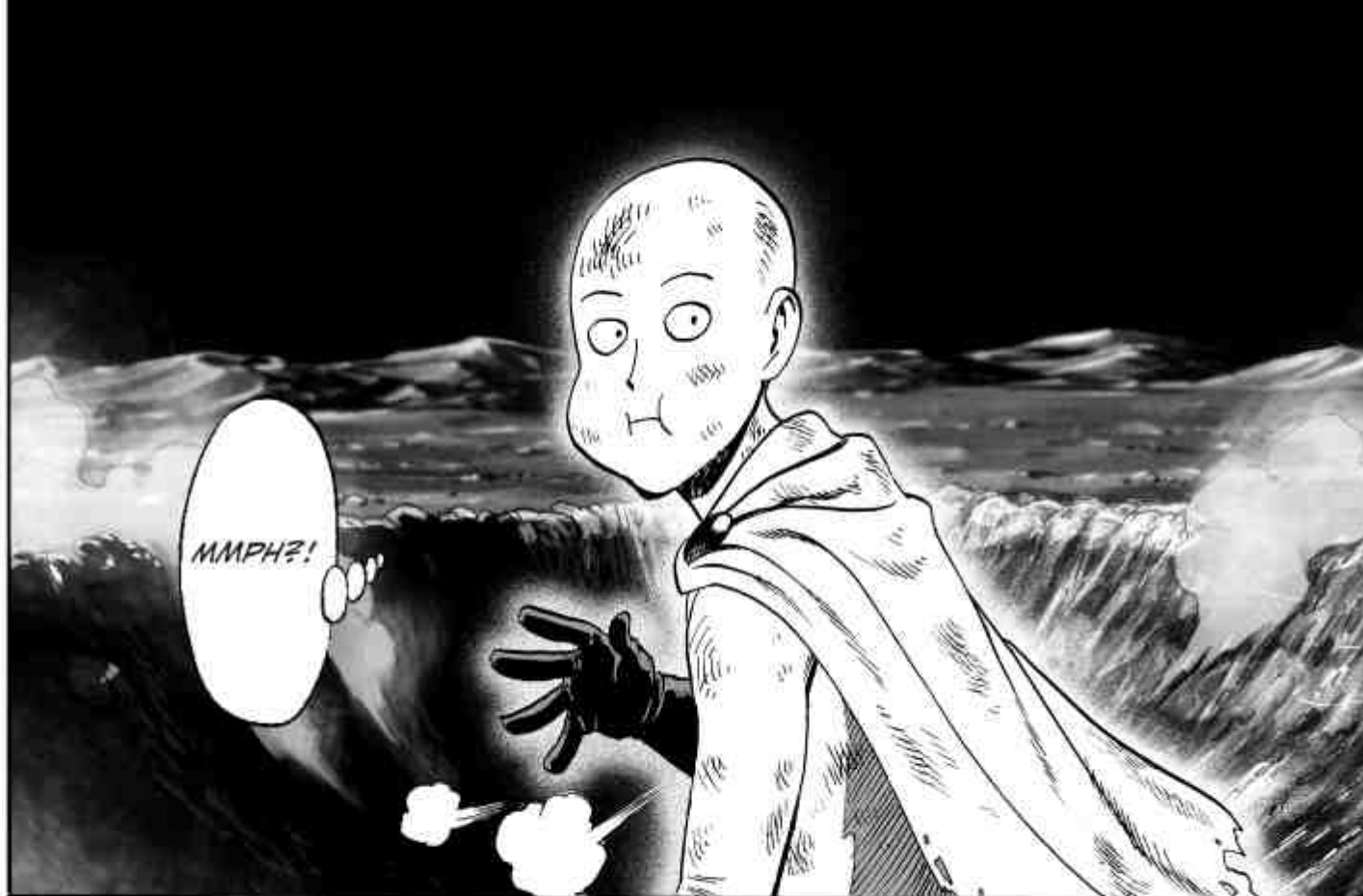
METEORIC BURST
ACHIEVES SPEED
AND POWER
BEYOND THE
BODY'S LIMITS...



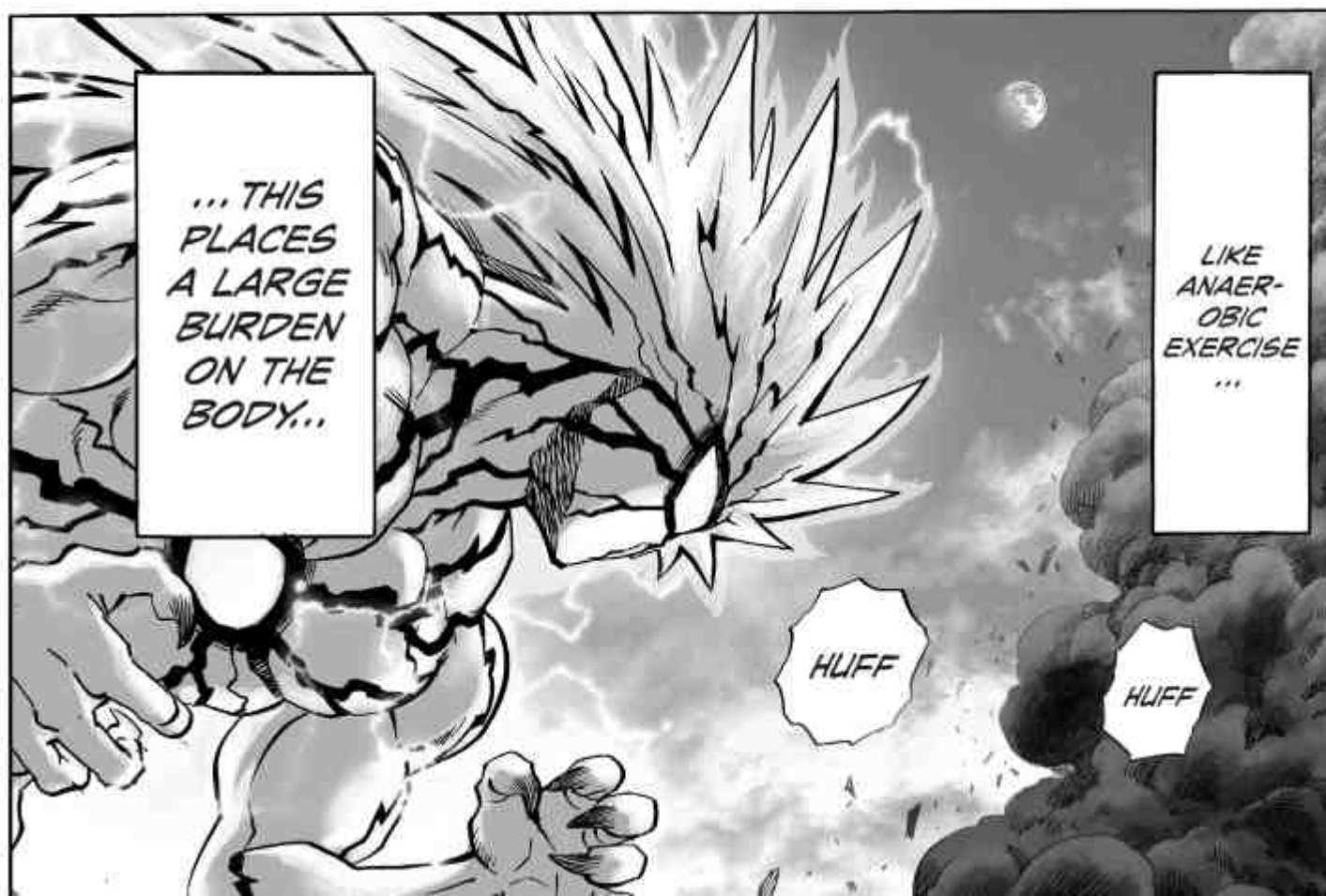














...SO I
ONLY USE
IT TO END
A FIGHT
QUICKLY.









GRAAAAH!

WOOSH!

...
TO
HIT
HIM
WITH
ALL
I'VE
GOT.









CONSECUTIVE
NORMAL
PUNCHES!

PA

DA

DA

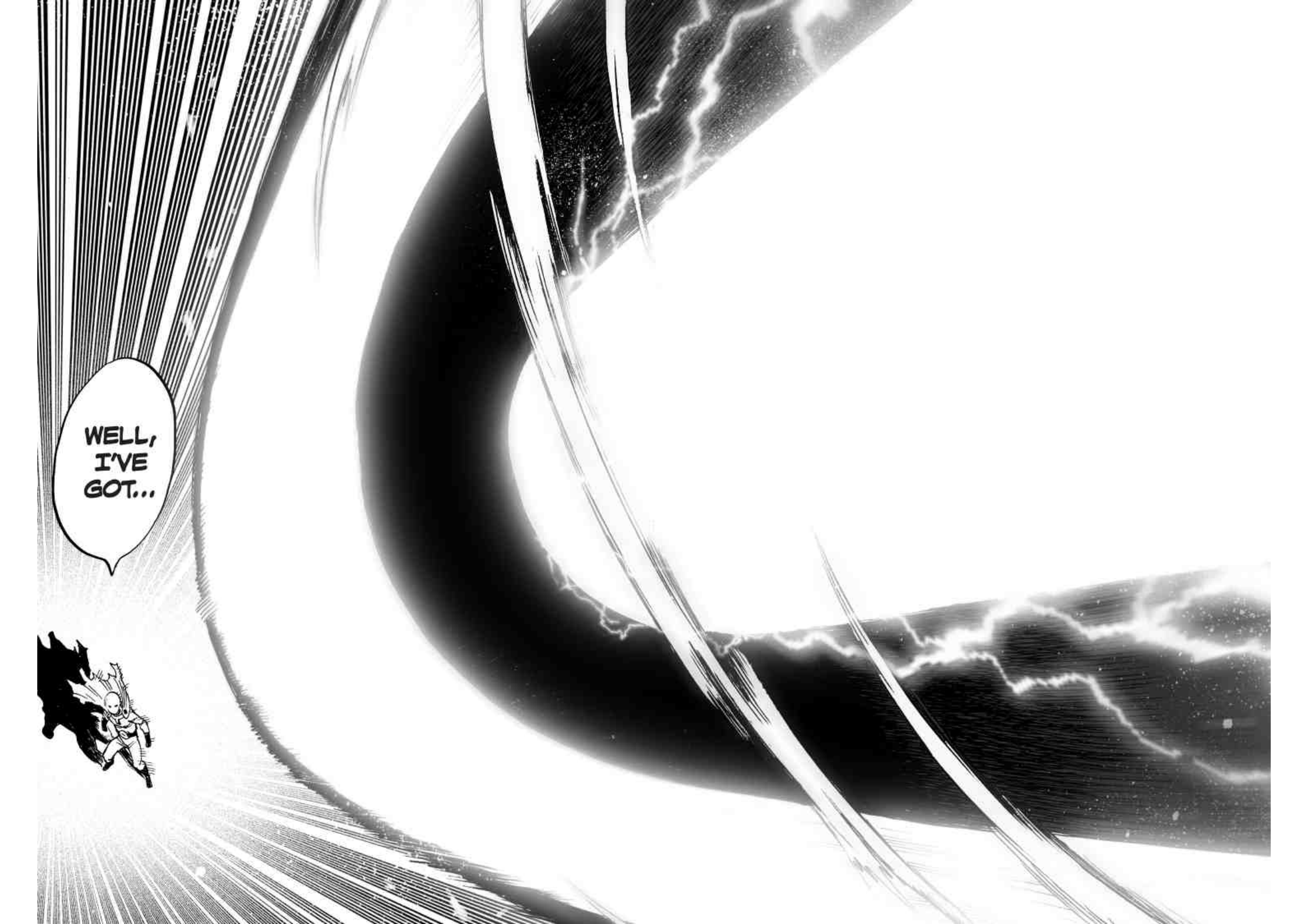








**COLLAPSING
STAR,
ROARING
CANNON!!**



WELL,
I'VE
GOT...

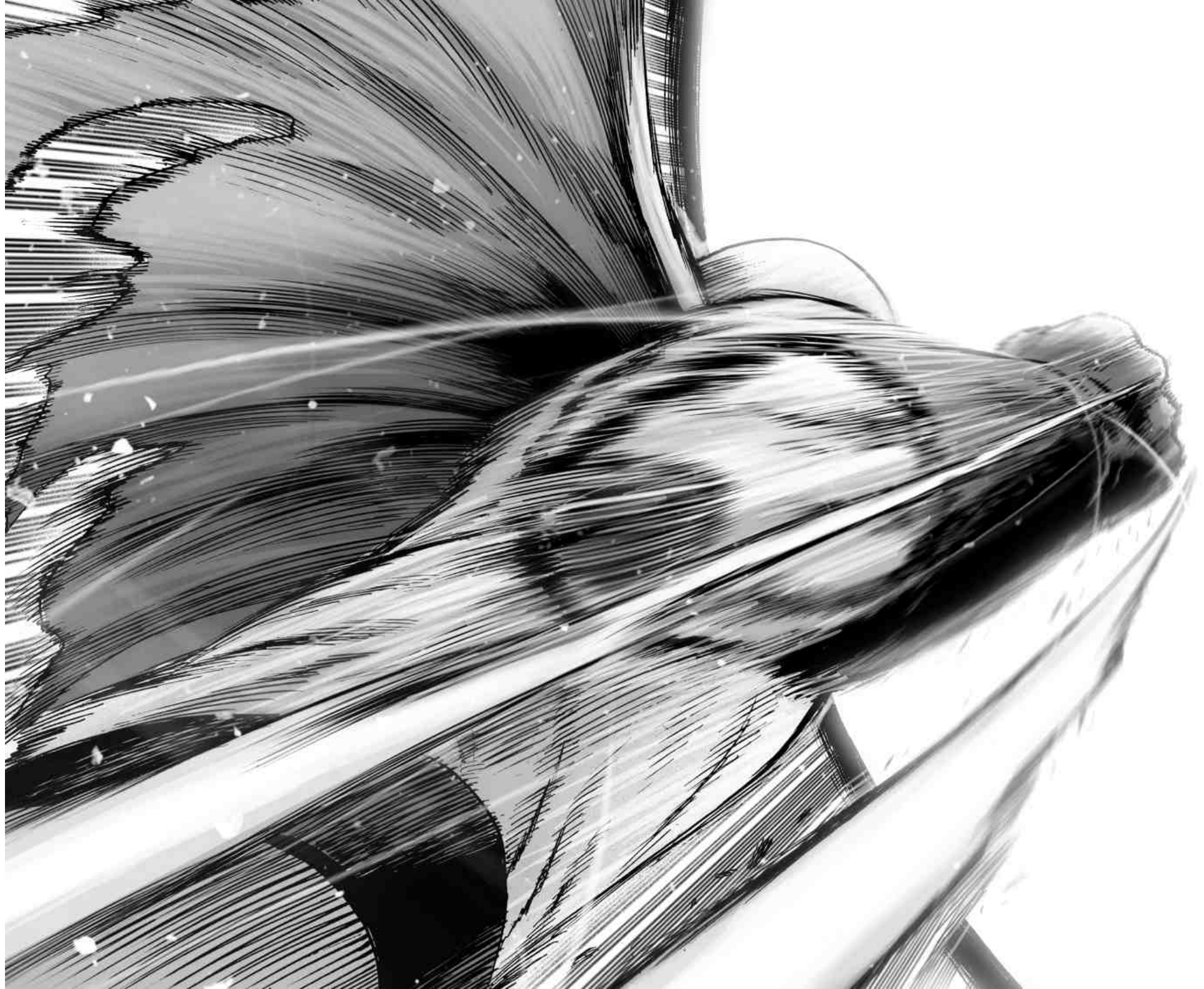
...A
FINISHING
MOVE
TOO.





**KILLER
MOVE:
SERIOUS
SERIES!**





PUNCH!!!

SERIOUS



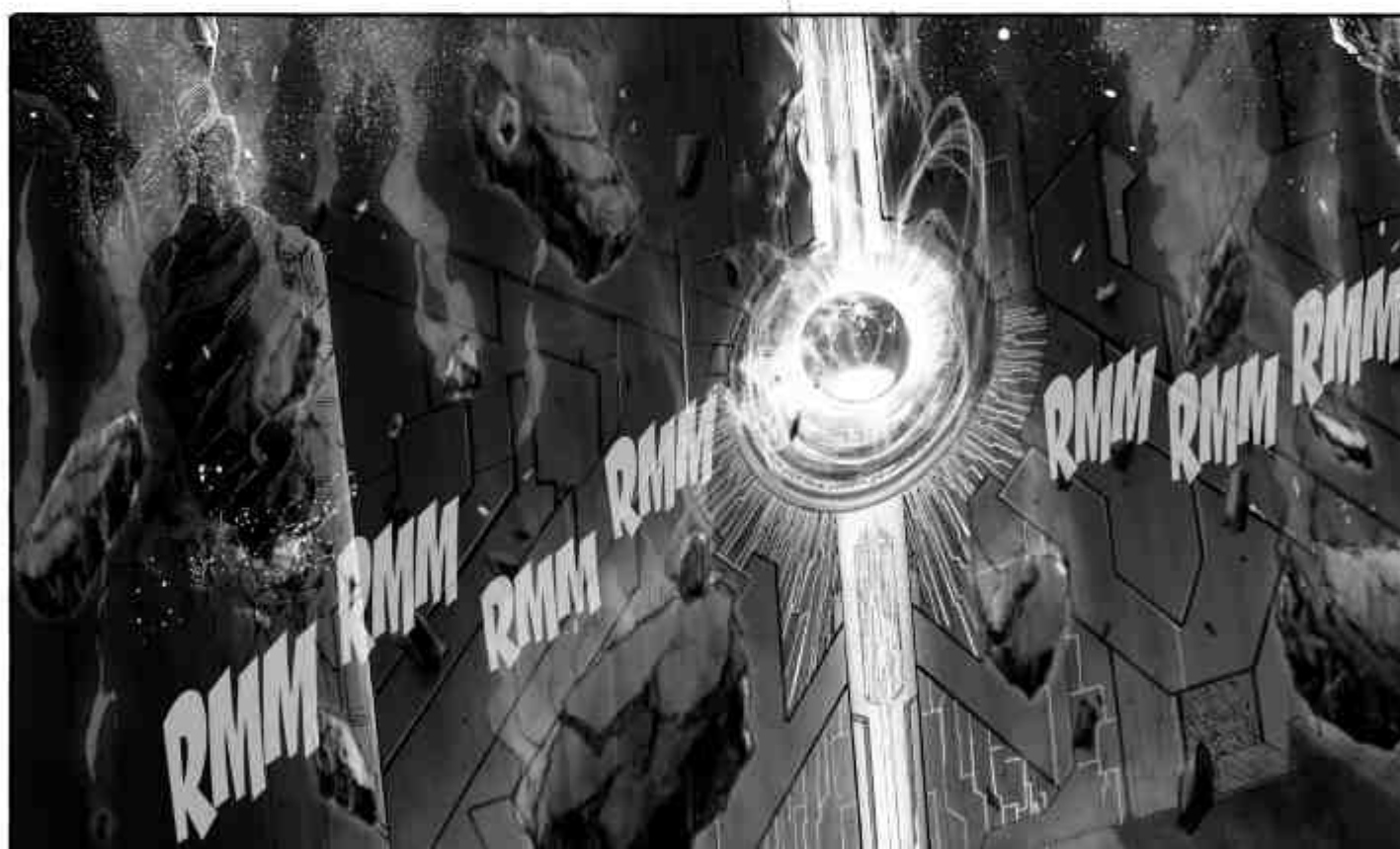




















ARE
YOU STILL
CONSCIOUS?

YOU
REALLY
ARE
STRONG.

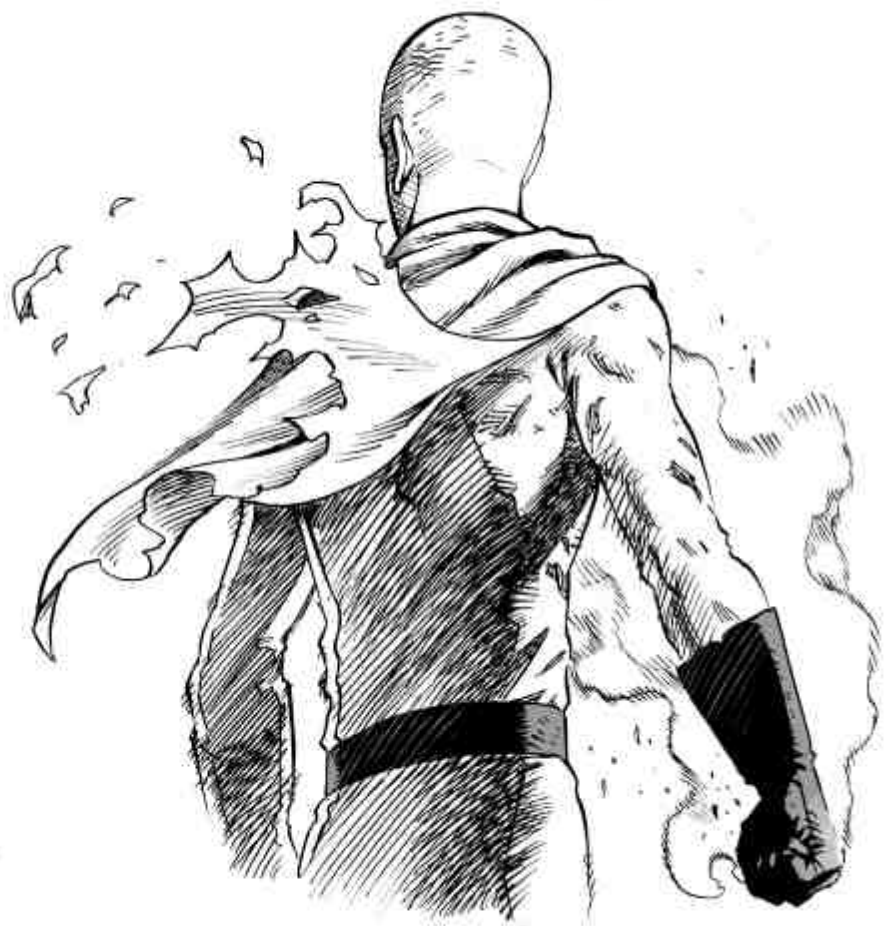








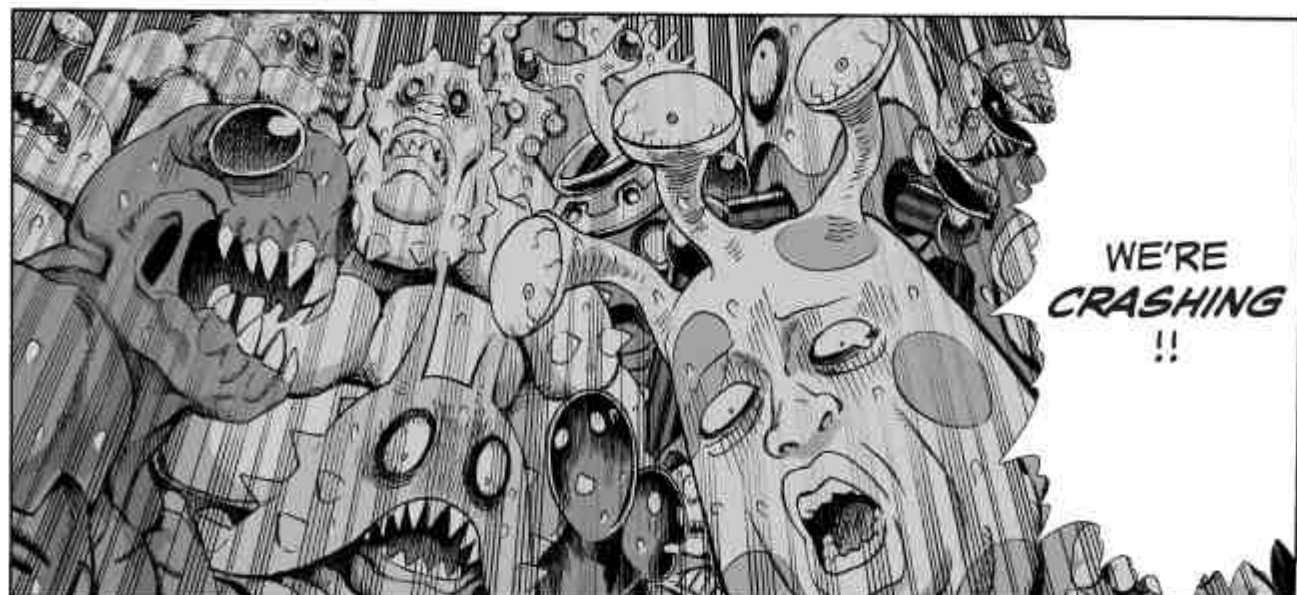
THE GIANT LABYRINTH IN THE SPACESHIP
APPEARS WITH THE CONSENT OF ITS
CREATOR, KAZUO NOMURA.





PUNCH 37% CRASH









HEY,
PRISONER!
OUTTA
THE WAY!

ANGEL
DASH!

DON'T
JUST
SAY IT--
DO IT!

NO,
MASTER!
I'M FINE!

IAI!
DO
YOU
NEED
HELP?

THIS IS
NO TIME
FOR IN-
FIGHTING!

ARGH!
WHY IS
SILVER-
FANG
SO
FAST?!





HOW
DID THIS
HAPPEN TO
CITY A?



TUMP



WASN'T
THERE A
CLASS-S
MEETING
TODAY?

Class A, Rank 1 Hero
AMAI MASK, aka **HANDSOME KAMEN**





MONSTERS
ON A BIG
SHIP DID
THIS WITH
CANNONS.



I HEARD
RUMBLING
AND CAME
TO FIND
CITY A IN
RUINS.

I WAS
FILMING
A DRAMA
IN THE
NEXT
TOWN.



BUT
IT'S
OVER
NOW.



...YOU
SAY?

IT'S
OVER
...





...BUT THE
CITY WAS
ALREADY
DESTROYED.

WE CAME
OUT WITHIN
SECONDS...



I'M
ON THE
SIDE OF
*JUS-
TICE!*



YOU
WANT
PROTEC-
TION
FROM
THE
MEDIA?

SO
WHAT?



WHOSE
SIDE ARE
YOU ON?

ARE YOU
GOING TO
SPREAD
SLANDER?

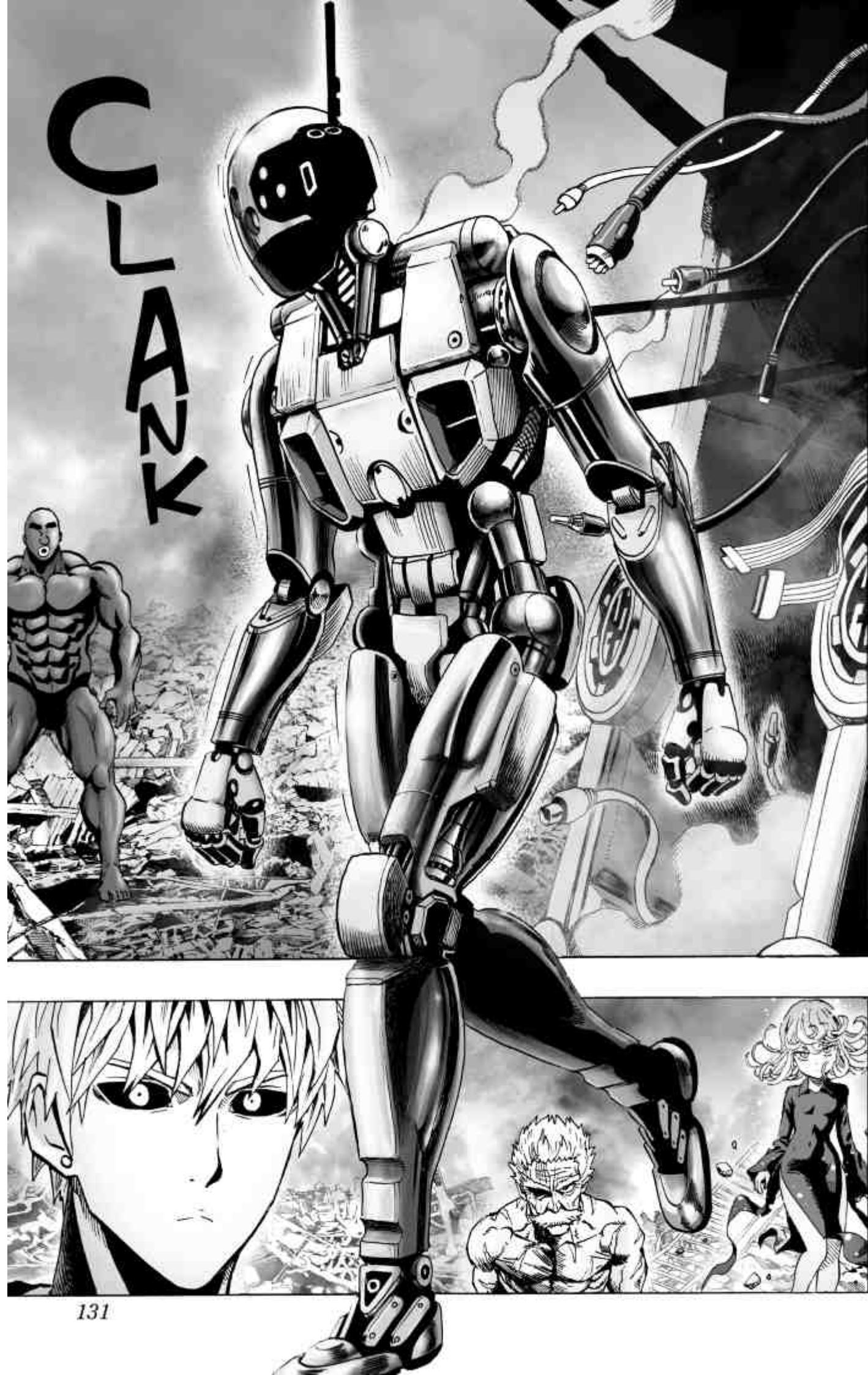
WE DID
OUR
BEST!



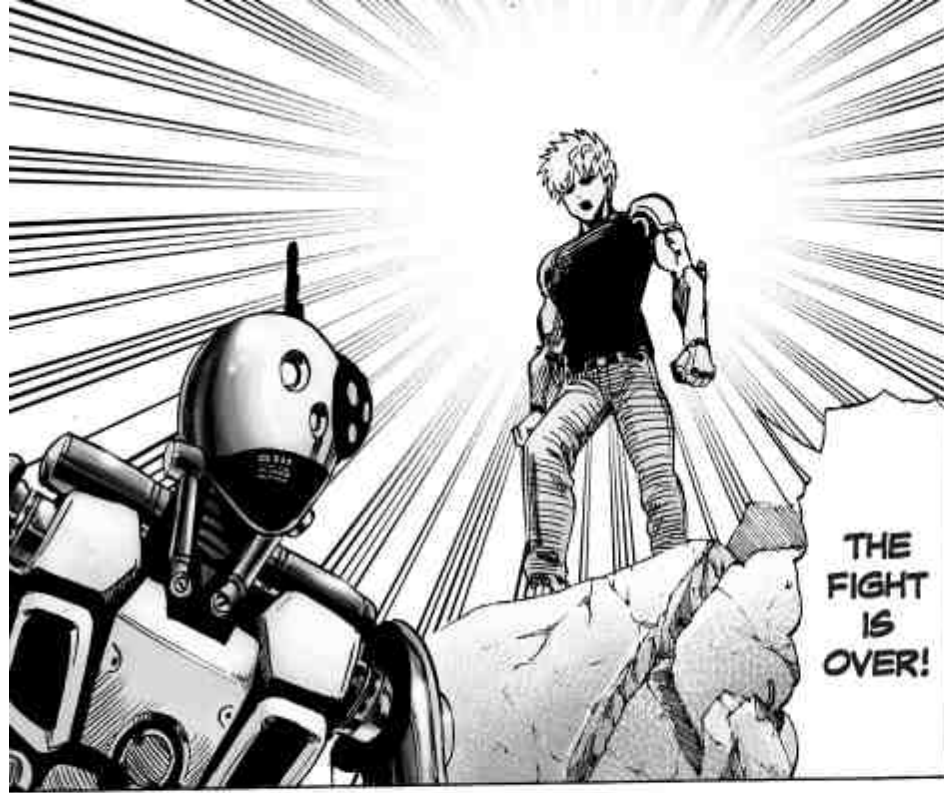


KLOK









THE
FIGHT
IS
OVER!



METAL
KNIGHT
?!

WHY
HAVE
YOU
COME
HERE?!

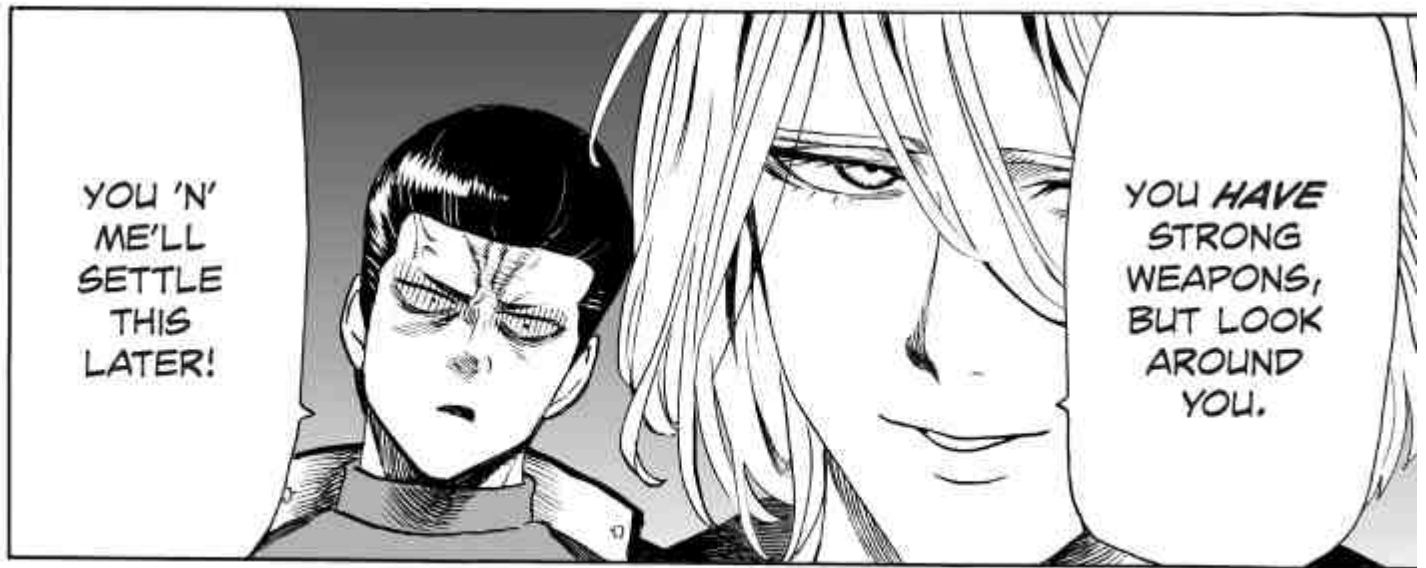


METAL
KNIGHT
IS YOUR
ENEMY.



...FOR
TECHNOLOGY
TO MAKE
STRONGER
WEAPONS?

HAVE YOU
COME TO
SALVAGE
THE SHIP...









THEY
MUST
NOT
LIVE.
THEY
ARE
EVIL.

AMAI
MASK!!!
WHY DID
YOU--



SO I
QUICKLY
DELIVERED
JUSTICE.



WHAT
THE?!



HE
HAS A
HARD
HEART.

HE IS
LIKE ME
BEFORE
I MET
MASTER.



AMAI
MASK, AKA
HANDSOME
KAMEN,
CLASS A,
RANK 1
...



WHAT
HAPPENED
TO HIM?
DID MONSTERS
ATTACK HIS
TOWN?

HE DEEPLY
HATES EVIL
AND RUSHES
TO DESTROY
IT.



...IS
MASTER
ALL
RIGHT?

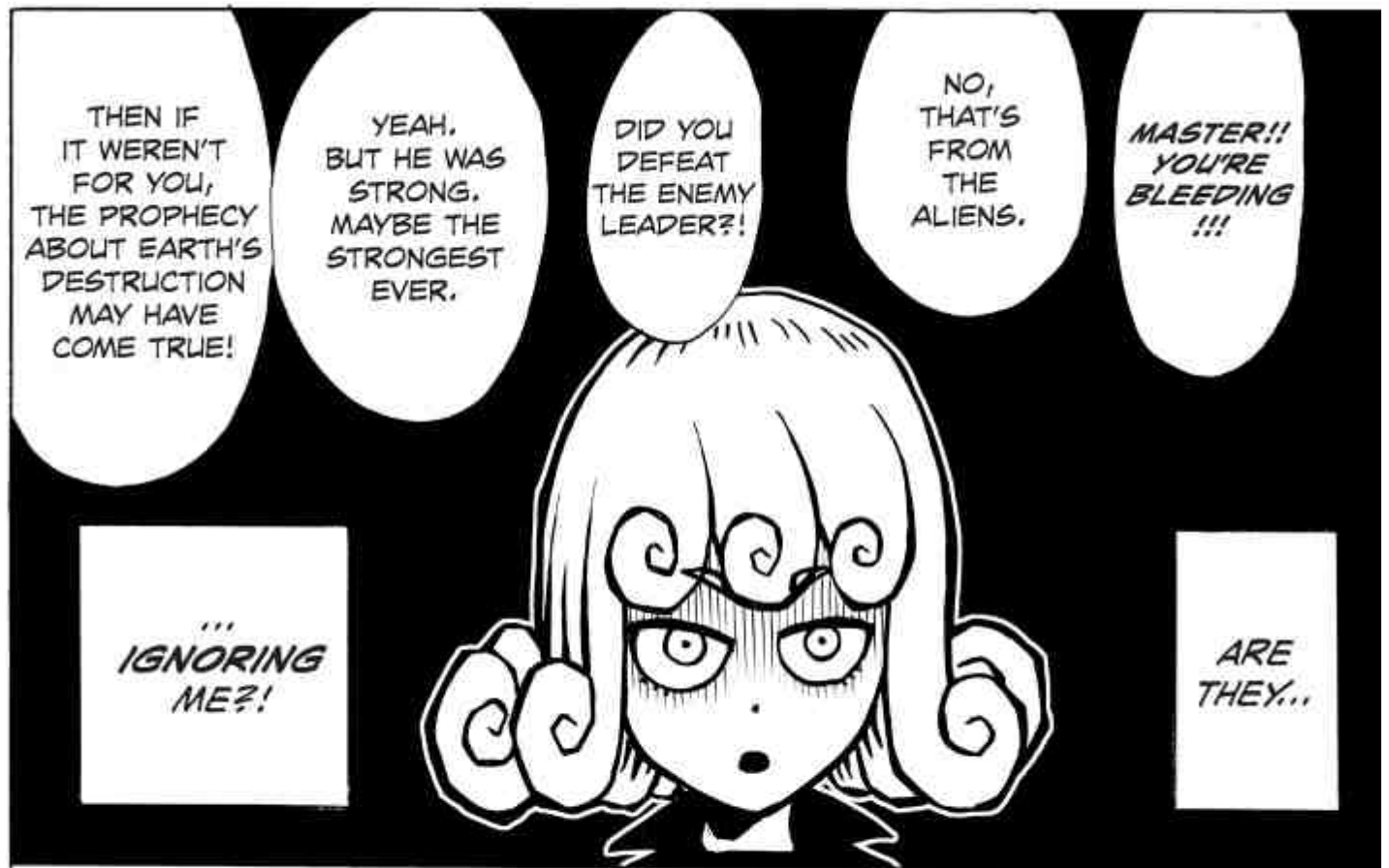
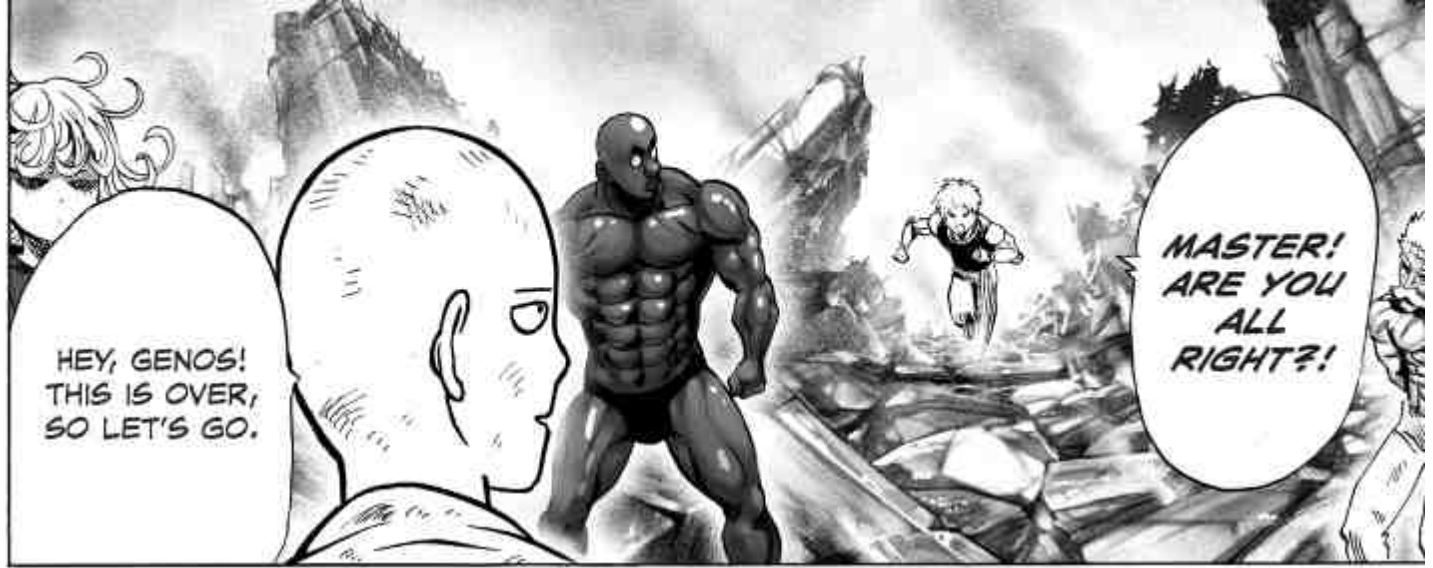
BUT...



...BUT I
WORRY HE
WAS IN THE
SHIP WHEN IT
CRASHED.

I WOULD
THINK SO...











I'M
OLDER
THAN
YOU!



HOW
DARE
YOU
CALL
ME A
BRAT!

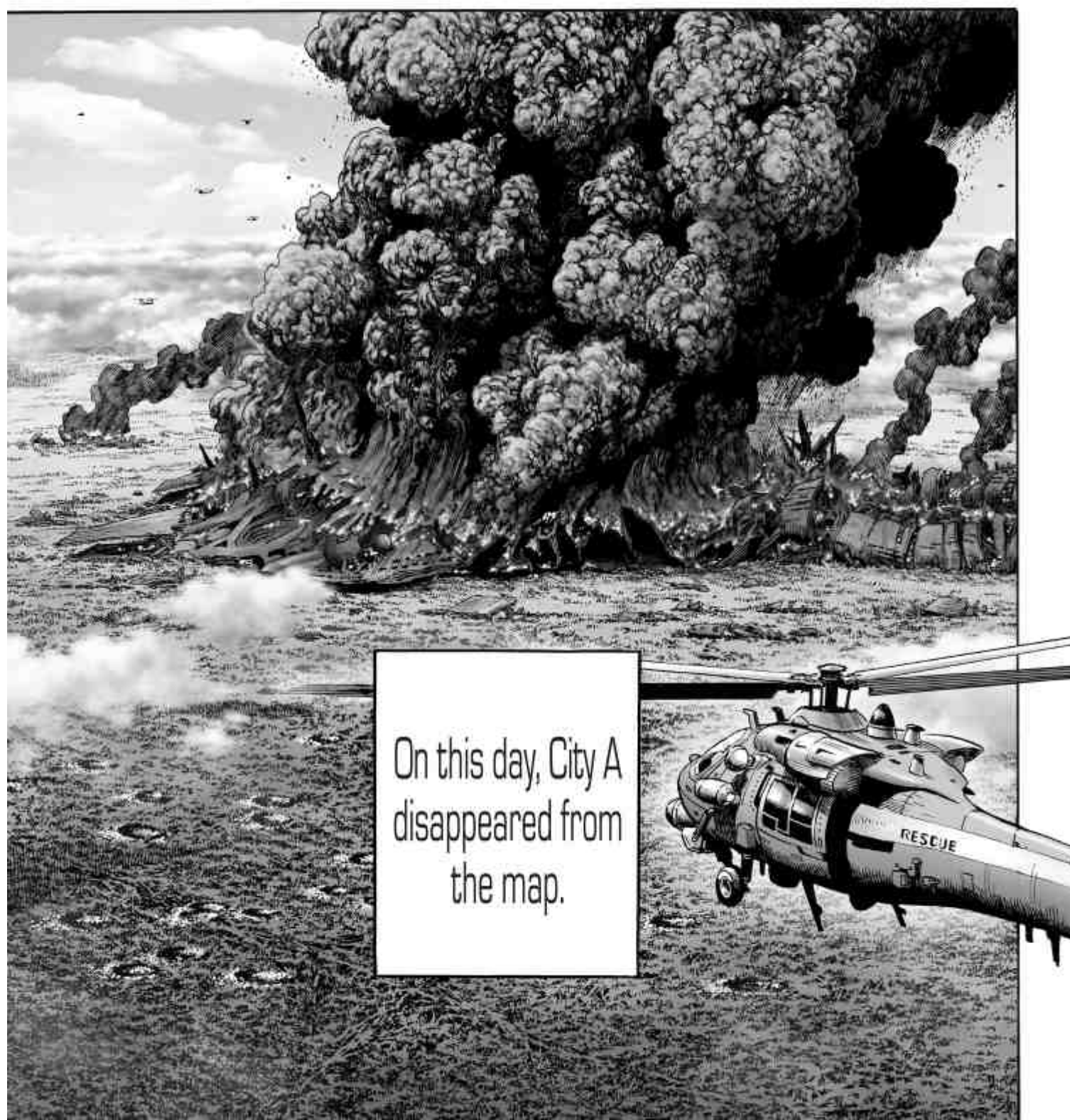


...MR.
CLASS
B!!

GEZES...

YOU'RE
NEXT...







Later, Hero Association Headquarters was renovated...



...into an impregnable fortress.



Metal Knight recovered the spacecraft and took it somewhere.

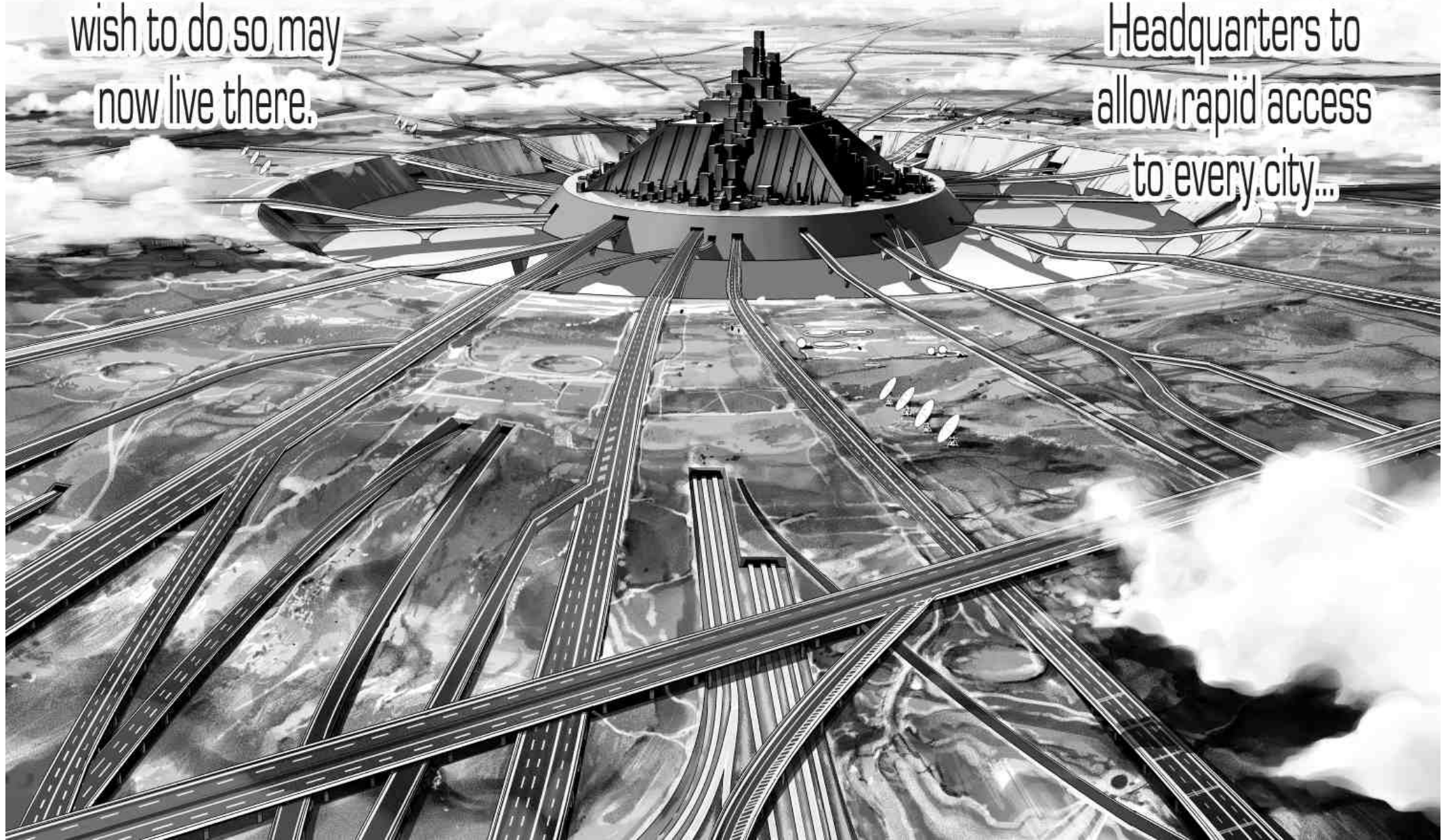


For days, the media reported the destruction of City A by extraterrestrials as an event that shook history...

...but before long, no one talked about the missing city?

...and heroes Class
A and higher who
wish to do so may
now live there.

New roads were
constructed around
Headquarters to
allow rapid access
to every city...





ONE-PUNCH MAN | 07

STORY by ONE &
ART by YUSUKE MURATA





ON THE
MOON.



HUH?

WHERE?



IF
YOU
HOLD
YOUR
NOSE,
YOU'D
BE
SUR-
PRISED
HOW--



SERIOUSLY!



WHSH

NOW
TO THE
PAWN-
SHOP!



SIGN: PARKING



THAT IS
INCRED-
IBLE,
MASTER!



Hero
Associa-
tion
Head-
quarters.

Two days
after the
destruc-
tion of
City A.

REGARDING
THE LAND
ONCE OCCUPIED
BY CITY A...

BONUS MANGA 1: BIG CONSTRUCTION



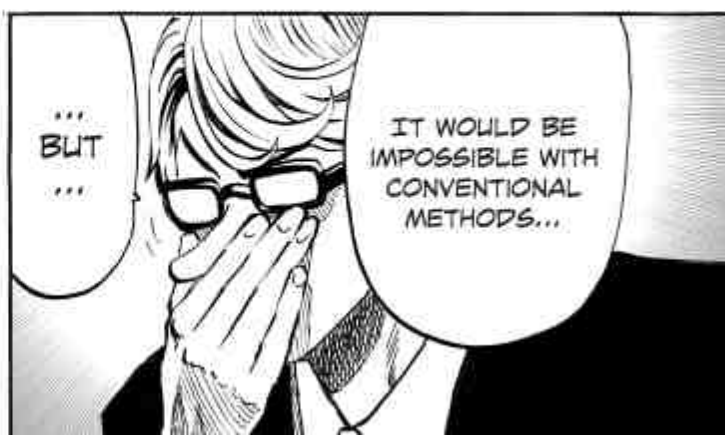
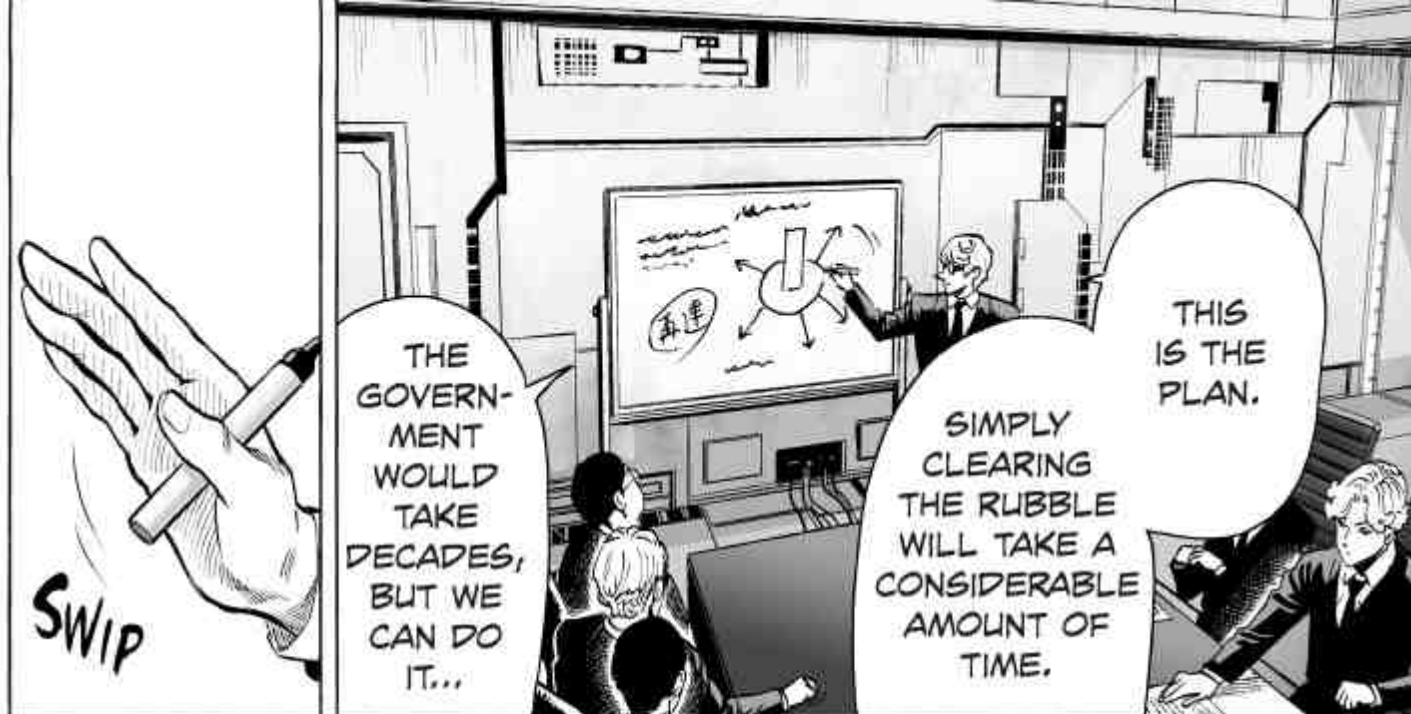
...AND
CONSTRUCTING
HIGH-SPEED
ROADWAYS TO
OTHER CITIES.



...OF
EXPANDING
HERO
ASSOCIA-
TION HEAD-
QUARTERS
...

...THE
IDEA
CAME
UP IN
MEETINGS
...

...
INSTEAD
OF RE-
BUILDING
A LIVING
SPACE...

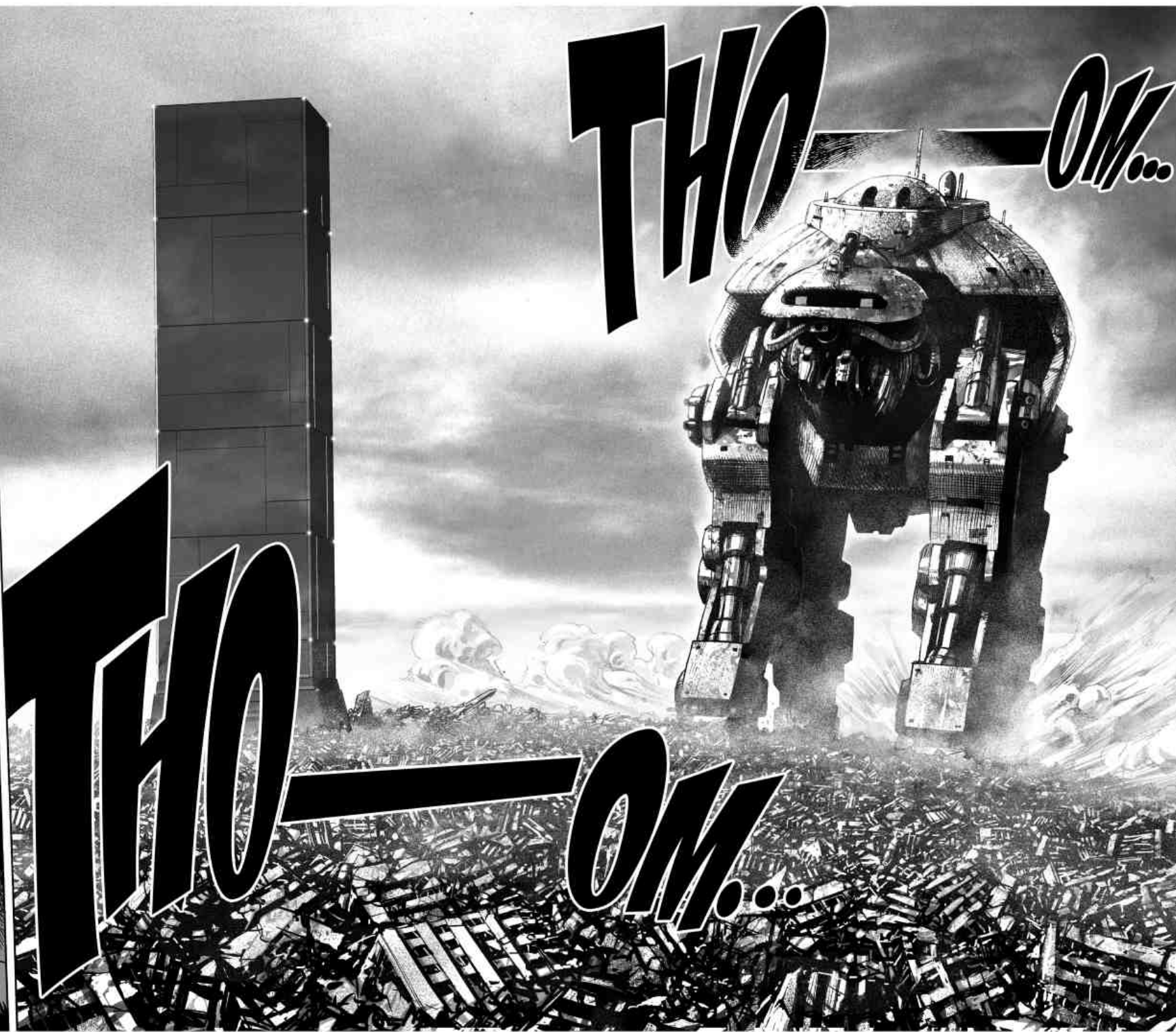






IT'S
H-
HUGE
!!

WHAT
IS IT?!



THO—ON...

THO—ON...



WE
CAN'T
LET HQ
FALL!!

CALL THE
HEROES!

A
SPACE-
SHIP?
ON FOUR
LEGS?



TANK-TOP
MASTER AND
HIS CREW
ARE IN THE
TRAINING
ROOM ON
FLOOR 23!



SEND
HIM
OUT!



TANK-
TOP
MASTER,
HUH?

I HOPE
HE CAN
HANDLE
THIS,
BUT...



...THAT
TERRIBLE
TORNADO'S
PSYCHIC
POWER IS
FEARSOME.

I
NOTICED
TWO DAYS
AGO...



IF A
MONSTER
WITH
POWERS
LIKE HERS
APPEARED
...

I CAN'T
STAND
AGAINST
THAT
LEVEL OF
ENERGY.



...BUT
IT *IS*
POSSIBLE
TO BEAT
PSYCHIC
POWERS.

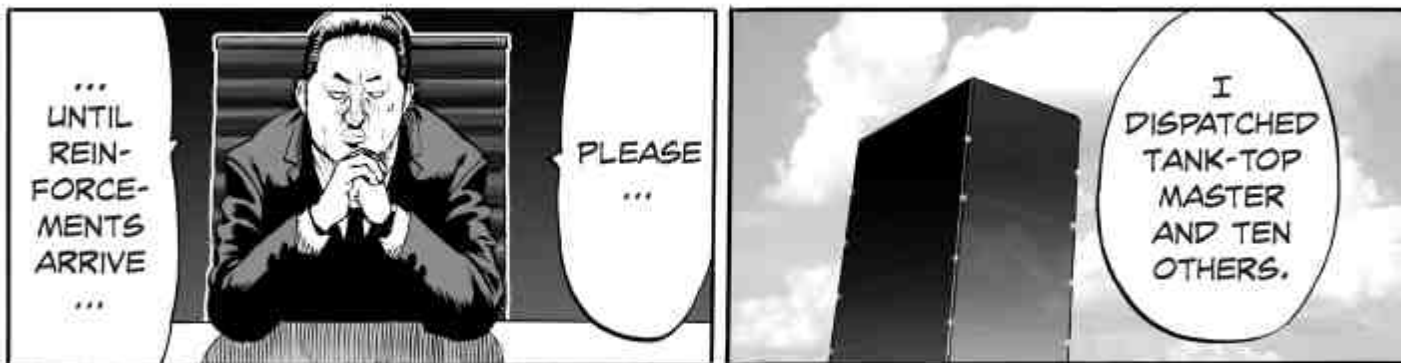
I
WOULD
THE WAY
I AM
NOW
...

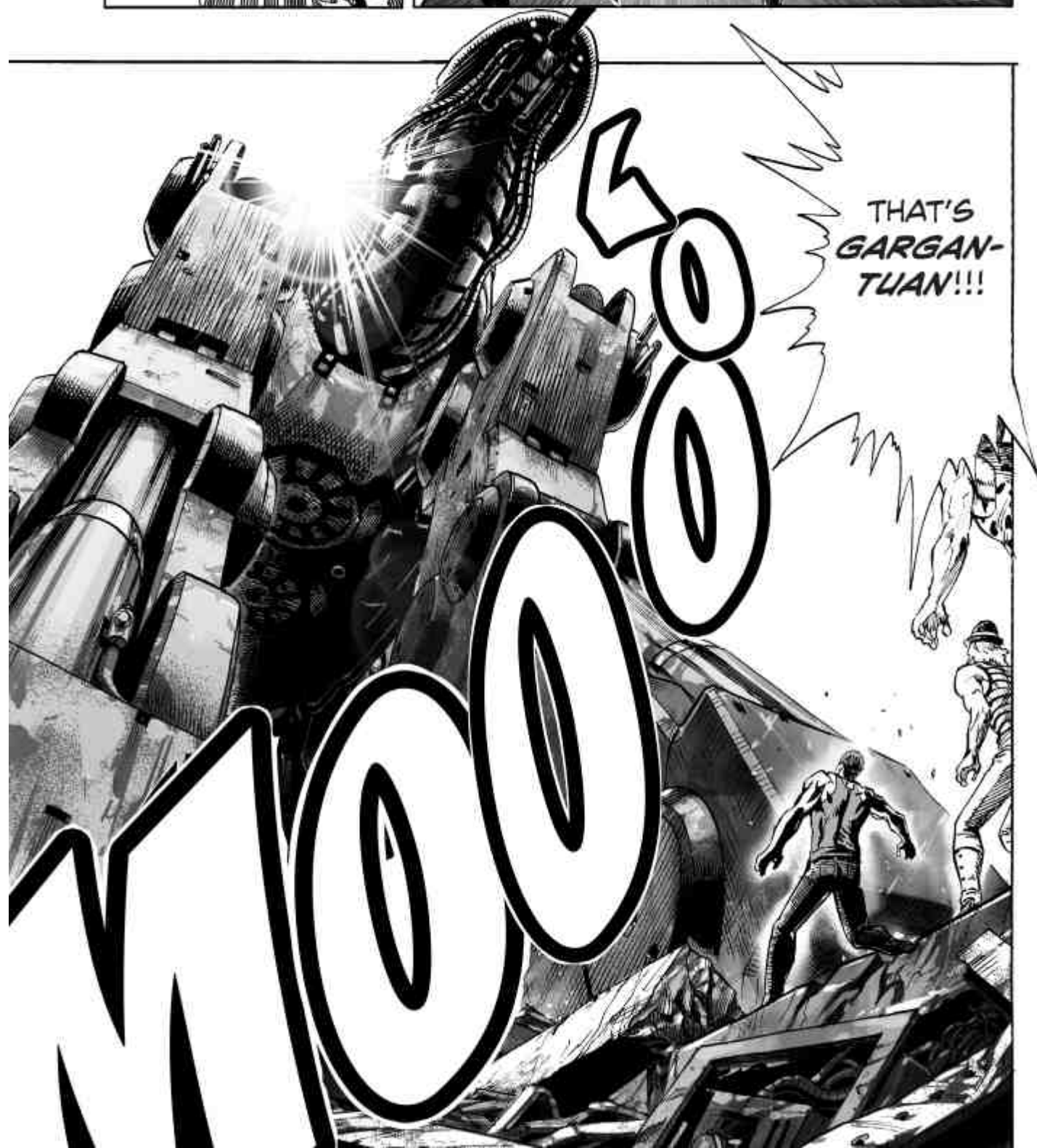


NAH,
YOU
CAN'T
LOSE,
MASTER!

FWIP

...I
WOULD
LOSE.







STAY
BACK,
FELLAS!

BUT THE
SPACE-
CRAFT
TWO DAYS
AGO WAS
BIGGER!









SOMEDAY
TANK-TOP
POWER WILL
OUTSTRIP
PSYCHIC
POWER!!!

JUST
YOU
WATCH,
TORNA-
DO!

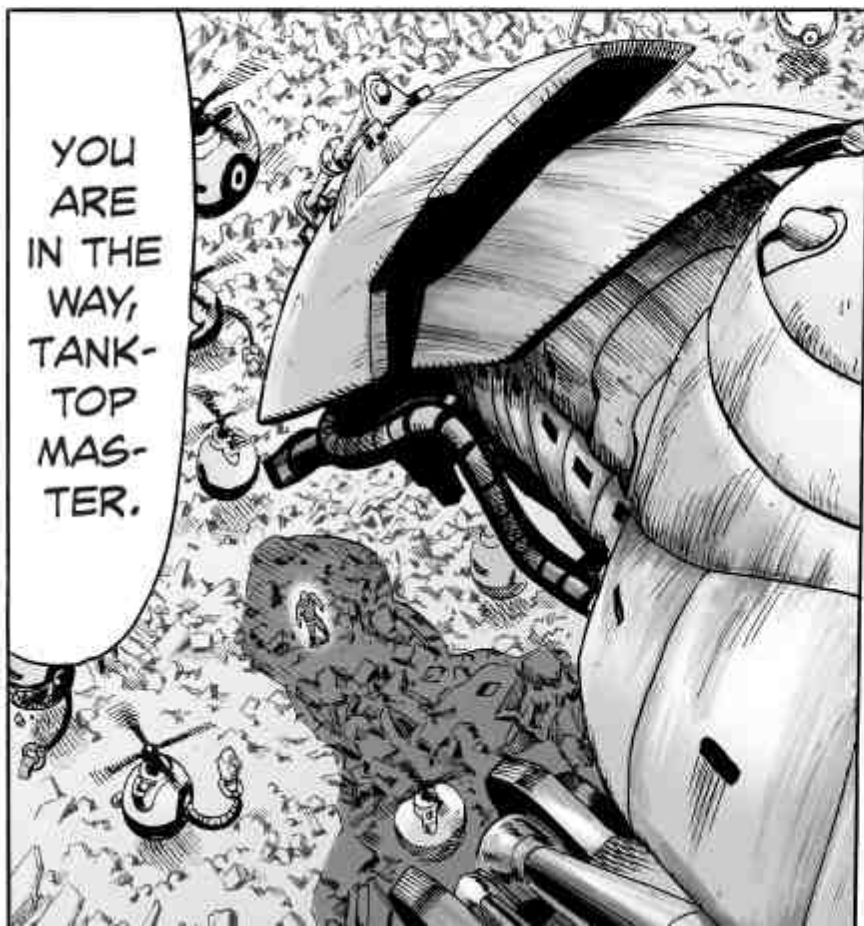


WOW!
HE'S
AWE-
SOME
!!!

MASTER
DES-
TROYED
ONE!!



HMPH!
OF
COURSE
I DID!





YES.
I WAS
CONTRACTED
TO RECON-
STRUCT
CITY A.



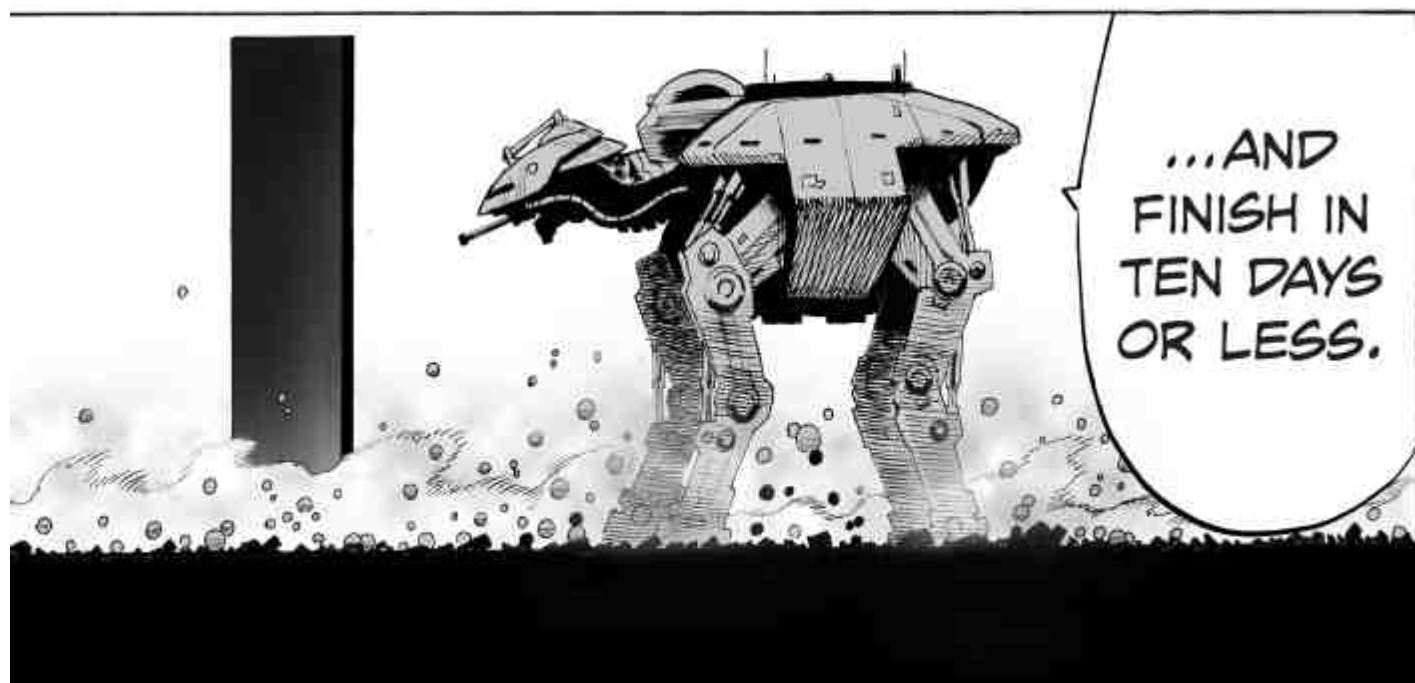
ARE
YOU...
METAL
KNIGHT
?!



YES.
I AM
BUSY.

I WILL
DO IT THE
WAY I FIND
EASIEST...

SO...
THAT'S
WHAT
YOU'RE
DOING?



...AND
FINISH IN
TEN DAYS
OR LESS.



IT WOULD
TAKE ME
HUNDREDS
OF DAYS!



HE'S
GOING TO
REBUILD
THIS
DISASTER
ZONE
IN TEN
DAYS?



IS
THIS...

IS THAT
EVEN
POSSIBLE
?



YOU
IMPEDE
ME. GO
AWAY.

HE'S
TOTALLY
STRONGER
THAN ME!



...
**MACHINE
POWER?!**



POSTER: VICTORY OVER PSYCHIC POWER!!!
VICTORY OVER MACHINE POWER!!!

Reconstruction
was expected to
take ten years...

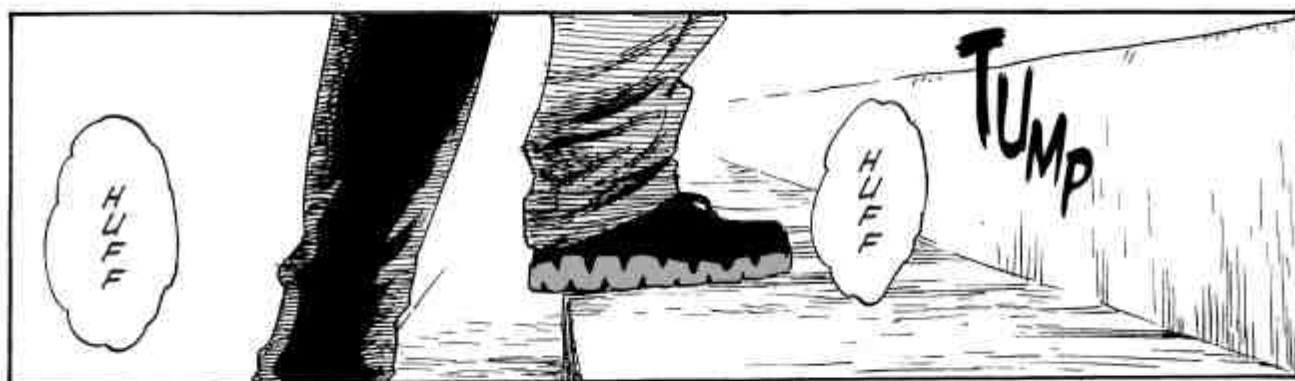


...but
Metal
Knight
did it in
seven
days.



BONUS MANGA 2: A TOP PUPIL'S REMINISCENCE





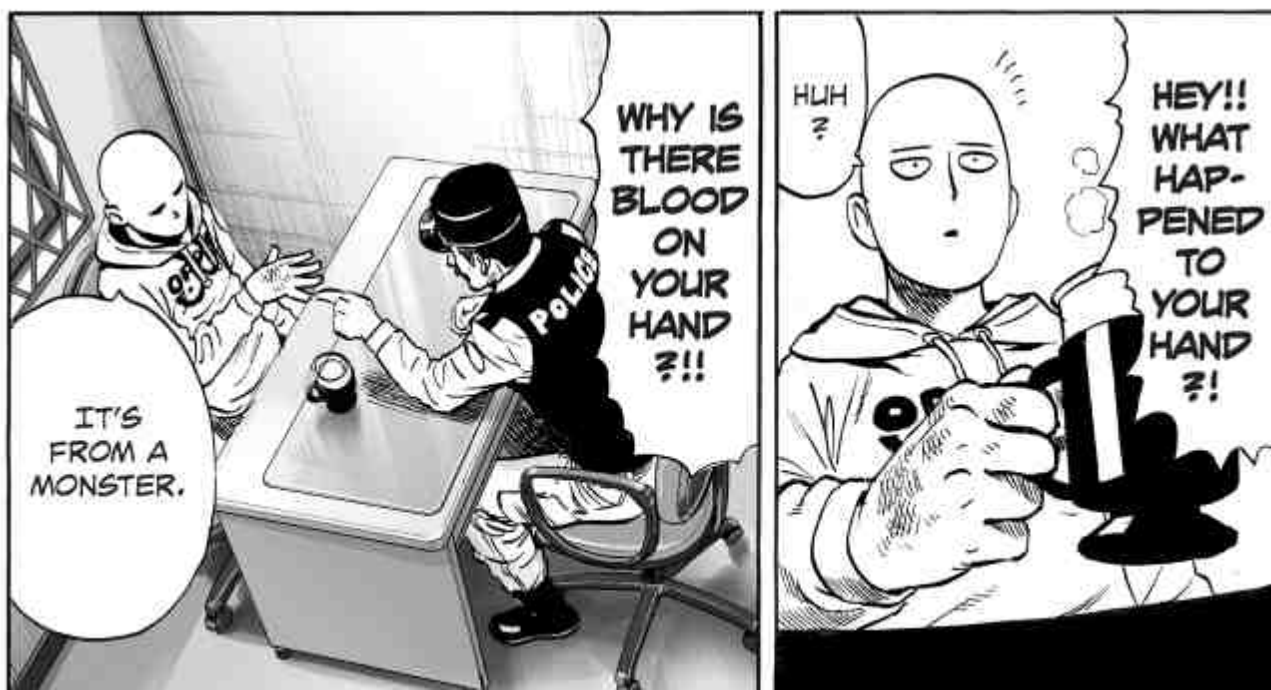






SIGN: BEWARE OF MONSTERS





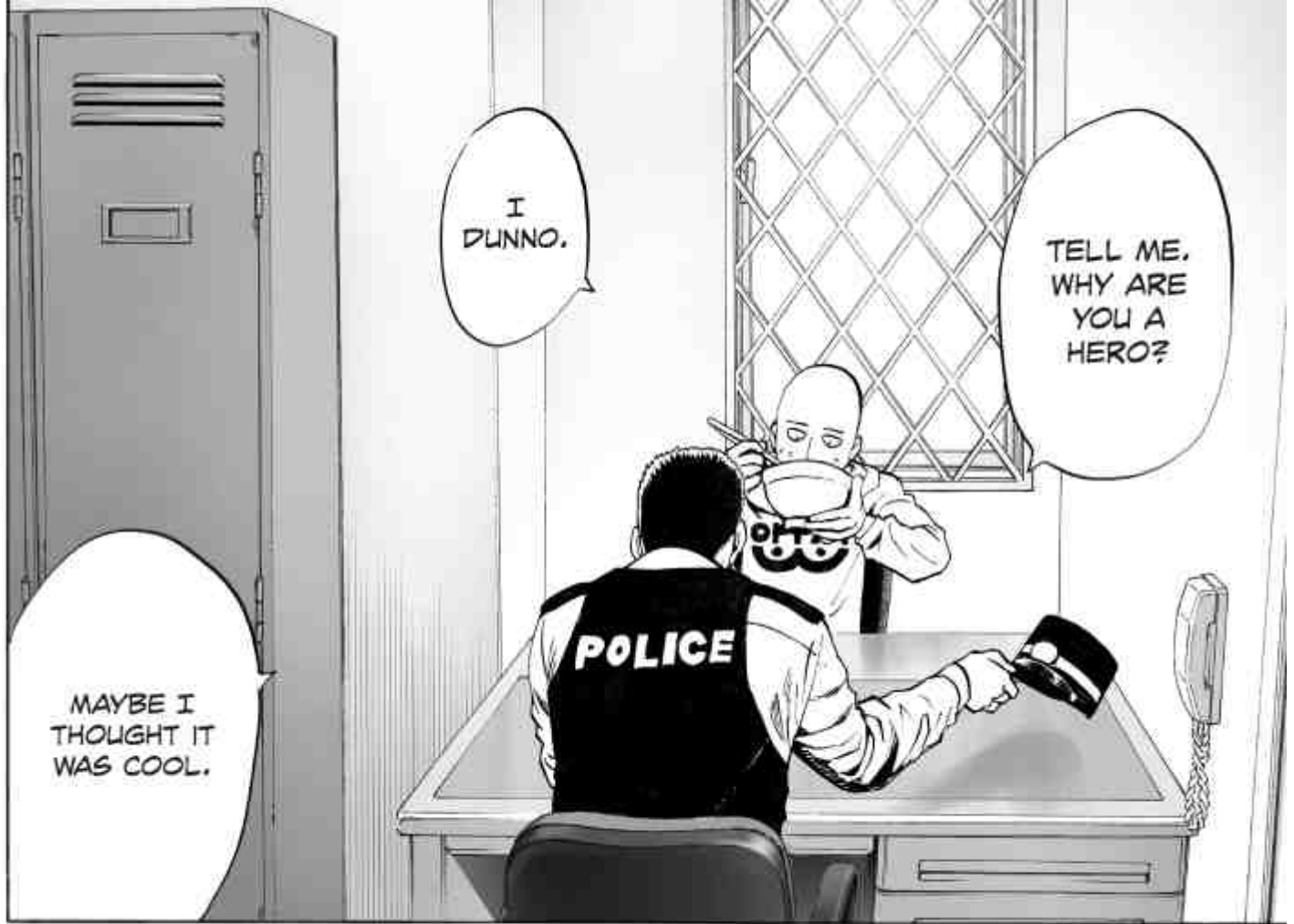


SIGN: INTERROGATION ROOM











...BUT FOR
ONLY BEING IN
HIS SECOND
YEAR, HE WAS
AN EXCELLENT
OFFICER.



...WAS
A REALLY
GREAT
GUY.

HE WAS
A LITTLE
OVEREAGER
...



HIS BONES
WERE
BROKEN
FROM HEAD
TO TOE.

LAST
WEEK,
HE WAS
ATTACKED.

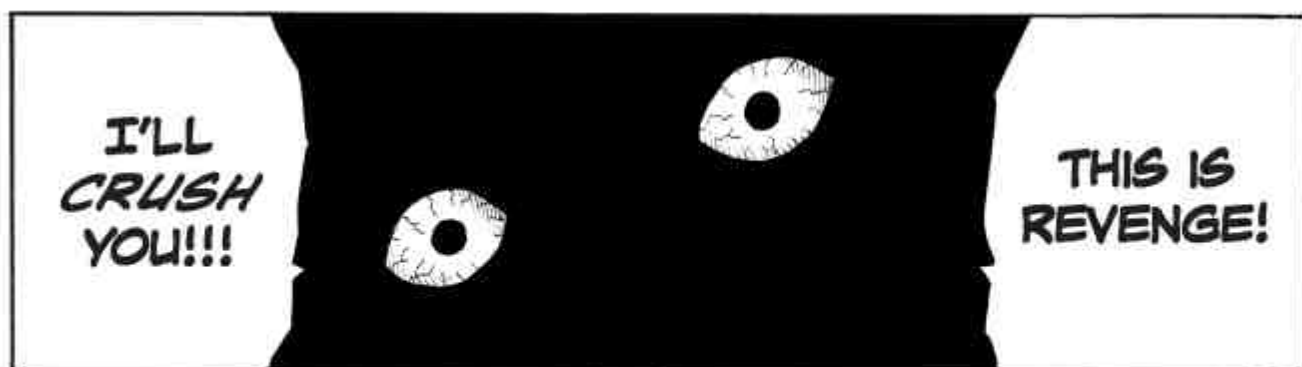


HIS LAST
WORDS WERE
"BE CAREFUL,
OFFICER KUMA."

HE DESCRIBED
THE CULPRIT
OVER THE RADIO
UNTIL HE LOST
CONSCIOUSNESS.















SO?

...



A
MONSTER IS
ATTACKING
THE
STATION!

WHY
ARE THE
POLICE
CALLING?

PUT
ME
ON.



IF
POSSIBLE,
SEVERAL
CLASS A
HEROES...
ON THE
DOUBLE...

WE
NEED
HELP.



I HEARD
YOU WERE
PLANNING TO
SEARCH OUR
LEADERS'
HOMES.

I THOUGHT
THE POLICE
REJECTED
THE HERO
ASSOCIATION.



WELL,
WELL
...

...WHAT
A SUR-
PRISE.















**YEAH
!!**

**SO
LET'S
DO
THIS!!**



THE
ASSOCIATION
WILL AWARD
SPECIAL
COMPENSA-
TION AND
POINTS!



ACCORDING
TO REPORTS,
A SINGLE
MONSTER HAS
DECIMATED
THE CITY 2
POLICE!

THIS IS AN
UNPRECE-
DENTED
INCIDENT!



A TV
REPORTER
IS HERE.



I LEAKED
IT TO THE
MEDIA.

THIS
IS THE
PERFECT
CHANCE
TO SHOW
WHO'S
ON TOP.



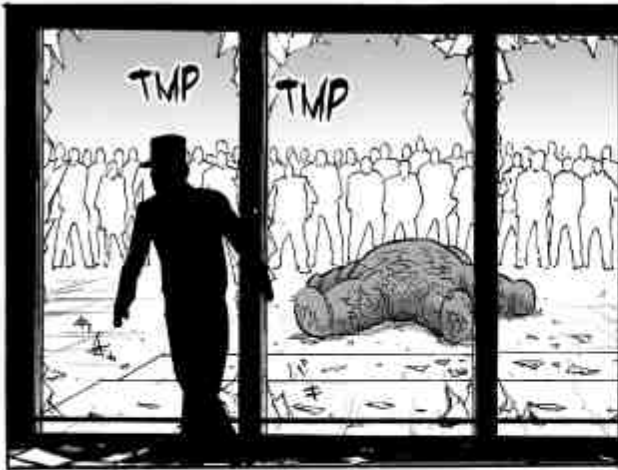
IT APPEARS
THEY HAVE
REQUESTED
SUPPORT
FROM THE
HERO
ASSOCIATION.

DOES THIS
MEAN EVEN
THE POLICE
NEED THEIR
HELP?!





WHAT
DOES THIS
MEAN?!
DID THE
POLICE
DEFEAT
IT?!









RUNNIN'
AWAY,
HUH?

MAYBE
YOU'RE
BORED,
BUT I
HAVE
OTHER
JOBS.









MISS
SECTION

HM?

I
HEARD
THE
ENEMY
KNOCKED
BACK A
MISSILE!

MISS
SECTION

NO
WAY!
GHA HA!

ONE...
TWO...

MISS
SECTION



ONE-PUNCH MAN

VOLUME 7

SHONEN JUMP MANGA EDITION

STORY BY | ONE

ART BY | YUSUKE MURATA

TRANSLATION | JOHN WERRY

TOUCH-UP ART AND LETTERING | JAMES GAUBATZ

DESIGN | FAWN LAU

EDITOR | JOHN BAE

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ONE-PUNCH MAN is rated T for Teen and is recommended for ages 13 and up. This volume contains realistic and fantasy violence.

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ONE-PUNCH MAN

VOLUME SEVEN

Nothing about Saitama passes the eyeball test when it comes to superheroes, from his lifeless expression to his bald head to his unimpressive physique. However, this average-looking guy has a not-so-average problem—he just can't seem to find an opponent strong enough to take on! When aliens invade Earth, a group of Class-S heroes finally finds a way to fight back and go on the offensive! Inside the enemy mother ship, Saitama fights Boros. Faced with the alien's frightful power, he decides to get serious! What is the Earth's fate?!



This book reads
from right to left.



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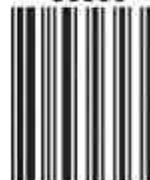


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